

**Genbukai Canada**  
**Sho Dan grading requirements**  
**Black belt**

**\*All previous stances, blocks, hand, leg and combination technique requirements**

**KIHON COMBINATIONS (Hand techniques)**

- 1 Jodan tsuki, 2 chudan tsuki (zenkutsu dachi)
- Age uke / gyaku tsuki (zenkutsu dachi)
- Yoko uchi uke (zenkutsu dachi), yoko hiji ate and ura ken (shiko dachi)
- Yoko uke, mae-ashi geri, gyaku tsuki (neko ashi dachi)
- Harai uke / jodan gyaku tsuki (zenkutsu dachi)
- Shuto uke (zenkutsu dachi), mae-ashi geri and nuki-te (zenkutsu dachi)
- Shuto uchi, gyaku shuto uchi and teisho uchi (zenkutsu dachi)
- Age hiji ate, mawashi hiji ate (zenkutsu dachi), otoshi hiji ate (shiko dachi)
- Gyaku tsuki (zenkutsu dachi)
- Shuto uchi (zenkutsu dachi) gyaku shuto uchi (shiko dachi), spinning shuto uchi (shiko dachi)
- Shuto uchi (zenkutsu dachi) gyaku shuto uchi (shiko dachi), spinning shuto uchi (shiko dachi), gyaku tsuki (zenkutsu dachi)

**KIHON COMBINATIONS (Leg techniques)**

- Mae geri / oi tsuki (zenkutsu dachi)
- Chudan mae geri, jodan mae geri (zenkutsu dachi)
- Mae geri, yoko geri kekomi, ushiro geri, gyaku tsuki (zenkutsu dachi)
- Mae geri, mawashi geri, ushiro geri, gyaku tsuki (zenkutsu dachi)
- Yoko geri kekomi, yoko geri kekomi, gyaku tsuki (zenkutsu dachi)
- Mawashi geri, gyaku tsuki (zenkutsu dachi)
- Mae geri, yoko geri (same leg), gyaku tsuki (zenkutsu dachi)
- Mae geri, mawashi geri (same leg), gyaku tsuki (zenkutsu dachi)
- Spinning ushiro geri (zenkutsu dachi)
- Spinning ushiro geri with gyaku tsuki (zenkutsu dachi)
- Combination kicks: mae geri, yoko geri, mawashi geri, ushiro geri
- Combination kicks: mae geri, yoko geri, mawashi geri, ushiro geri (in any order)
- Three directional kick: mae geri, yoko geri, ushiro geri (stationary zenkutsu dachi)

**Kata grading requirements**  
**Black belt**

**Sho Dan**

|                  |                  |
|------------------|------------------|
| Kihon Kata       | Pinan Ni Dan     |
| Pinan Sho Dan    | Pinan San Dan    |
| Pinan Yon Dan    | Pinan Go Dan     |
| Gekisai Dai Ichi | Gekisai Dai Ni   |
| Sanchin          | Aoyagi           |
| Juroku           | Naifanchi Shodan |
| Bassai Dai       | Matsumora Rohai  |
| Jiin             | Jion             |
| Jitte            | Kushanku Dai     |
| Wanshu           | Wankan           |
| Seienchin        |                  |

**Ni Dan & higher** *(all previous kata plus 5 additional from list below per dan-level)*

|                   |                    |
|-------------------|--------------------|
| Aragaki Sochin    | Bassai Sho         |
| Chinte            | Chinto             |
| Ishimine Bassai   | Itosu Rohai Shodan |
| Itosu Rohai Nidan | Itosu Rohai Sandan |
| Kushanku Sho      | Matsumora Bassai   |
| Naifanchi Nidan   | Naifanchi Sandan   |
| Nipaipo           | Saifa              |
| Seipei            | Seisan             |
| Shiho Kushanku    |                    |

**Yon Dan & higher**

|                      |            |
|----------------------|------------|
| Chatan Yara Kushanku | Gojushiho  |
| Kururunfa            | Sanseiru   |
| Shisochin            | Suparinpei |
| Tomari Bassai        | Unshu      |