



1st DAN BLACK BELT - SHODAN

SYLLABUS & TRANSLATION SHEET

DACHI/DACH

GEDAN ONOBASU
ASHI DACH

STANCE

Lower Stretch
Leg Stance

TSUKI / SKI

KIZAMI TSUKI

HIKI WAZA

PUNCH

Lunging snap punch
(with vertical fist)

Hidden technique

UCHI

KAKATE ATEMI
UCHI

STRIKE

Wrist block/body strike
combination

GERI

YOKO KEAGE GERI

USHIRO UDE
SOTO MAWASHI
TOBI GERI

YOKO TOBI GERI

HIZA GERI

KICK

Rising side snap kick
(using blade edge of foot)

Jump spinning
inner crescent kick
(Tornado kick)

Jumping side kick

Knee kick

GERI KIHON

KICK COMBINATION

Stepping & moving forward in Zen kutsu dachi, all kicks off the back leg alternating. Movements should flow and head should remain at the same height throughout.

1. Step back into left Zen Kutsu Dachi
2. Kick mae geri chudan
3. Kick yoko sokuto chudan
4. Kick hiza geri chudan
5. Kick mawashi geri jodan
6. Mawatte and repeat

IPPON KUMITE

IPPON KUMITE GO

- IKKYO
- NIKYO
- SANKYO

ONE STEP SPARRING

1st wrist defence

2nd wrist defence

3rd wrist defence

KATA

ASHIITA SHICHI

FORMAL PATTERN

All katas should be
announced before
performing them

STAMINA ASSESSMENT

Full ton-up (consisting of 10 reps of each of the following - two consecutive sets):

- 10 push ups / 10 crunch sit ups / 10 jumping jacks /
- 10 squat thrusts / 10 full burpees

ADDITIONAL REQUIREMENTS

Q&A

Black Belt candidates will be asked a handful of general knowledge questions relating to karate / Ashiita-Kai

INSTRUCTOR
ASSESSMENT

Assessment will take place in the Dojo environment over a period of at least 3 months prior to the grading

STUDENTS WILL ALSO BE ASKED TO PERFORM KATA'S & TECHNIQUES FROM PREVIOUS GRADINGS TO A HIGH STANDARD.