



Shodan Grading Syllabus

Kihon
From kiba dachi: 1. Sugi ashi mae ashi yoko geri keage, ushiro ashi yoko geri kekomi 2. Sugi ashi mae ashi yoko geri kekomi, ushiro ashi yoko geri keage
From kamae: 3. Kizami tsuki, oi tsuki, gyaku tsuki 4. Mae geri, kizami tsuki, gyaku tsuki 5. Combination: mae geri, yoko geri kekomi, mawashi geri, ushiro geri, gyaku tsuki 6. Yoko geri kekomi, uraken, gyaku tsuki 7. Mawashi geri, uraken, gyaku tsuki 8. Ushiro geri chudan, uraken, gyaku tsuki 9. Combination: mae geri, yoko geri kekomi, mawashi geri, ushiro geri, gyaku tsuki 10. Combination: mae geri, kizami tsuki, gyaku tsuki, (step back) gedan barai, gyaku tsuki, (step forward) mawashi geri, uraken, oi tsuki 11. Same leg: mae geri, yoko geri kekomi, ushiro geri
Kata
a) Kanku Dai, Enpi, Jion, Bassai Dai a) Any Heian kata or Tekki Shodan – at least three to be selected by the grading panel
Kumite
a) Ju ippon kumite: jodan and chudan mae geri, yoko geri kekomi, mawashi geri, ushiro geri b) Jiyu kumite
Bunkai
Candidate to demonstrate realistic application of a portion of any Heian kata
Oral test
The candidate shall be asked questions by the grading panel.