1st Dan (Shodan) Test

A 1st dan student exhibits mastery of the basic combinations, complete control of body movements, good timing, and good management of advanced techniques.

Key Performance Points:

Demonstrates smooth movement and control while delivering sharp power, maintains sharp focus between different techniques in transitions.

Kata

Required:

- Tekki Shodan
- Kankū Dai
- One of the following:
  - Empi Jion Chinte
  - Bassai Dai Jutte Sochin
  - Hangetsu Gankaku
  - Heian kata of instructor’s choice

Basics

1. 4 times moving forward
   a. jōdan oi zuki
      - Step into a lunge punch to the head (front stance), 60% energy
   b. gyaku zuki
      - Reverse punch, 30% energy
   c. oi zuki
      - Lunge punch, 100% energy
2. 4 times moving backward
   a. age uke
      - Step back into a rising block (front stance)
   b. mae ashi geri
      - Front snap kick with the front foot to the stomach, land in front stance
   c. gyaku zuki
      - Reverse punch (front stance)
3. 4 times moving forward
   a. ude uke
      - Step into an outside block (front stance)
   b. hihi ate
      - Move the front foot into a horse stance and execute an elbow strike
   c. uraken uchi
      - Backfist strike
   d. gyaku zuki
      - Move the front foot into a front stance and execute a reverse punch
4. 4 times moving backward
   a. uchi uke
      - Step back into an inside block (front stance)
   b. mae ashi geri / kizami zuki
      - Simultaneously execute a front snap kick with the front foot and a jab, land in front stance
   c. gyaku zuki
      - Reverse punch (front stance)
5. 5 times moving forward, then turn around
   a. shutō uke
      - Step into a knife-hand block (back stance)
   b. mae ashi geri
      - Front snap kick with the front foot to the stomach, land in front stance
   c. nukite
      - Reverse spear hand strike to the stomach without stepping
6. 5 times moving forward, then turn around
   a. yoko geri kekomi
      - Side thrust kick with the back foot, land in front stance
   b. gyaku zuki
      - Reverse punch (front stance)
7. 5 times moving forward, then turn around
   a. mae ashi geri
Front snap kick with the front foot to the stomach, land in front stance
b. jōdan mae geri
Front snap kick with the back foot to the head, land in front stance

8. 5 times moving forward, then turn around
a. mae ashi mawashi geri
   Roundhouse kick with the front foot to the stomach, land in front stance
b. jōdan mawashi geri
   Roundhouse kick with the back foot to the head, land in front stance

9. 3 times moving sideways, then turn around, then repeat
a. yoko geri keage
   Side snap kick, land in horse stance

10. 3 times moving sideways, then turn around, then repeat
a. yoko geri kekomi
   Side thrust kick, land in horse stance

11. 3 times moving sideways, then turn around, then repeat
a. yoko geri keage, yoko geri kekomi
   Side snap kick, land in horse stance, side thrust kick, land in horse stance

12. 5 times moving forward, then turn around
a. mae ashi yoko geri kekomi
   Side thrust kick with the same foot to the stomach, land in front stance
b. mawashi geri
   Roundhouse kick with the back foot to the stomach, land in front stance
c. gyaku zuki
   Reverse punch (front stance)

13. 5 times moving forward, then turn around
a. mae ashi mawashi geri
   Roundhouse kick with the front foot to the stomach, do not touch down
b. mae ashi yoko geri kekomi
   Side thrust kick with the same foot to the stomach, land in front stance
c. oi zuki
   Step into a lunge punch (front stance)

14. 4 times in place
a. mae geri
   Front snap kick to the front toward the stomach, do not touch down
b. yoko geri keage
   Side snap kick to the side toward the stomach, do not touch down
c. yoko geri kekomi
   Side thrust kick to the side toward the stomach, do not touch down
d. mawashi geri
   Roundhouse kick to the front toward the stomach, do not touch down
e. ushiro geri
   Back kick to the rear toward the stomach, touch down

15. 10 times in place per side, in 3 dimensions
a. gyaku zuki
   Reverse punch from a stationary position to a target that varies in three dimensions (front stance)

Kumite

1. sambon kumite
   Three-step sparring (front stance)
   a. jōdan oi zuki / age uke
      Alternate attacking with a lunge punch to the head and receiving with a rising block
   b. oi zuki / ude uke
      Alternate attacking with a lunge punch and receiving with an outside block
   c. mae geri / gedan barai
      Alternate attacking with a front snap kick and receiving with a downward block

2. ippon kumite
   One-step sparring (front stance)
   a. jōdan oi zuki / age uke
      Alternate attacking with a lunge punch to the head and receiving with a rising block
   b. oi zuki / ude uke
      Alternate attacking with a lunge punch and receiving with an outside block
   c. mae geri / gedan barai
      Alternate attacking with a front snap kick and receiving with a downward block

3. go no sen
   After-the-before movement and timing (fighting position)
   a. age uke / gyaku zuki
      Defend against a lunge punch to the head and counter with a reverse punch
   b. ude uke / gyaku zuki
      Defend against a lunge punch to the stomach and counter with a reverse punch
   c. gedan barai / gyaku zuki
      Defend against a front snap kick and counter with a reverse punch
4. **sen no sen**
   Before-the-before movement and timing (fighting position)
   a. **gyaku zuki**
      Defend against a supposed attack with a reverse punch attack
   b. **mae geri**
      Defend against a supposed attack with a front snap kick attack

5. **jiyū ippon kumite**
   One-step (semi) free sparring (fighting position)
   a. **chūdan / jōdan oi zuki**
      Attack with and defend against a stepping lunge punch to the head and stomach
   b. **mae geri**
      Attack with and defend against a stepping front snap kick
   c. **mawashi geri**
      Attack with and defend against a stepping roundhouse kick
   d. **yoko geri kekomi**
      Attack with and defend against a stepping side thrust kick
   e. **ushiro geri**
      Attack with and defend against a stepping back thrust kick