

1st Dan (Shodan) Test

Black Belt

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:

<i>Empi</i>	<i>Jion</i>	<i>Chinte</i>
<i>Bassai Dai</i>	<i>Jutte</i>	<i>Sochin</i>
<i>Hangetsu</i>	<i>Gankaku</i>	
<i>Heian kata of instructor's choice</i>		

Basics

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