

Shodan – 1st Dan Black Belt
(Twelfth Belt/Grade)

Minimum Training Time:
1 Year

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

ENGLISH

Tsuki Waza

Punches

1. Chokuzuki (Jodan)
2. Gyakuzuki (Jodan)
3. Mawashizuki (Chudan) [BA]
4. Mawashizuki (Jodan) [FA]
5. Agezuki (Jodan) [FA]
6. Agezuki (Jodan) [BA]
7. Tetsui Uchi (Jodan)

1. Snap Punch (Head)
 2. Reverse Punch (Head)
 3. Roundhouse Punch (Body) [BA]
 4. Roundhouse Punch (Head) [FA]
 5. Rising Punch (Head) [FA]
 6. Rising Punch (Head) [BA]
 7. Hammer Fist (Head)
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Kaishu Waza

Open Hand

1. Shuto Uchi (Jodan) [BA]
2. Haito Uchi (Jodan (Throat))
3. Haishu Uchi (Jodan) [BA]
4. Yonhon Nukite Uchi (Jodan (Throat)) [FA]
5. (Shotei) Teisho Uchi (Gedan (Kin)) [BA]
6. Nihon Nukite Uchi (Jodan (Eyes)) [FA]

1. Knife Hand Strike (Head) [BA]
 2. Ridge Hand Strike (Head (Throat))
 3. Back Hand (Head) [BA]
 4. Spear Hand Strike (Head (Throat)) [FA]
 5. Palm Heel Strike (Low (Groin)) [BA]
 6. Two Finger Strike (Head (Eyes)) [FA]
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Ken (Ippon Ken) Waza

Fist (One Knuckle)

1. Hitosashi Ippon Ken (Jodan (Eye))
2. Nakadaka Ippon Ken (Jodan (Eye))
3. Oyayubi Ippon Ken (Jodan)
4. Hiraken (*Yonhon Ken*) (Jodan (Throat))
5. Kokenzuki (Jodan (Jaw))

1. Forefinger Knuckle Punch (Head (Eye))
 2. Middle Knuckle Punch (Head (Eye))
 3. Thumb Knuckle (Head (Eye/Throat))
 4. Middle Joints Four Fingers (Head (Throat))
 5. Top of Wrist (Head (Jaw))
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Empi Waza

Elbow Strikes

1. Mae Empi Uchi (Jodan) [FA]
2. Age Empi Uchi (Jodan) [BA]
3. Otoshi Empi Uchi (Jodan) [FA]
4. Uchi Mawashi Empi Uchi (Jodan)

1. Front Elbow Strike (Body) [BA]
 2. Upward Elbow Strike (Head) [FA]
 3. Dropping Elbow Strike (Head) [BA]
 4. Inward Round Elbow Strike (Head)
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Ude Waza

Arm Strikes

1. Naiwan Uchi (Jodan)

1. Inner Forearm Strike (Head)
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Keri Waza

Kicks

1. Mawashigeri (Jodan) [FL]
2. Yokogeri (Jodan) [FL]
3. Ashi Barai [FL/BL]
4. Ushirogeri (Gedan)
5. Josokutei Mawashigeri (Jodan) [FL]
6. Uchi Mikazukigeri (Jodan) [FL]
7. Soto Mikazukigeri (Jodan) [BL]
8. Tobi Mawashigeri (Jodan) [FL]
9. Tobi Ushirogeri (Jodan)

1. Roundhouse Kick (Head) [FL]
 2. Side Kick (Head) [FL]
 3. Foot Sweep [FL/BL]
 4. Back Kick (Knee/Groin)
 5. Ball of Foot Roundhouse Kick (Head) [FL]
 6. Inside Crescent Kick (Head) [FL]
 7. Outside Crescent Kick (Head) [BL]
 8. Jumping Roundhouse Kick (Head)[FL]
 9. Jumping Back Kick (Head)
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Uke Waza

Blocks

1. Sukui Uke
– Gyakuzuki (Chudan)
2. Gedan Barai
– Gyakuzuki (Chudan)

1. Scooping Block
– Reverse Punch (Body)
 2. Downward Block
– Reverse Punch (Body)
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Renraku Waza

Combination Techniques

1. Chokuzuki (Jodan)
– Yokogeri (Chudan) [FL]
– Uraken (Jodan) [FA]
– Ushirogeri (Chudan)
2. Uraken (Jodan) [FA]
– Gyakuzuki (Chudan) [BA]
– Tobi Maegeri (Jodan) [FL]
– Tobi Ushirogeri (Jodan) [BL]
3. Surikomi Yokogeri (Chudan)
– Ushirogeri (Chudan)
– Uraken (Jodan) [FA]
– Mawashizuki (Jodan) [BA]
– Tobi Mawashigeri (Jodan) [BL]
4. Uchi Mawashi Empi Uchi (Jodan)
– Ura Mawashigeri (Jodan) [FL]
/ Yokogeri (Jodan) [FL]
– Chokuzuki (Jodan)
– Haito Uchi (Jodan) [BA]
5. Maegeri (Gedan (Hiza)) [FL]
– Hizageri (Chudan) [BL]
– Otoshi Empi Uchi (Jodan) [FA]
– Ushirogeri (Jodan)

1. Snap Punch (Head)
– Side Kick (Body) [FL]
– Back Fist (Head) [FA]
– Back Kick (Body)
 2. Back Fist (Head) [FA]
– Reverse Punch (Body) [BA]
– Jump Front Kick (Head) [FL]
– Jump Back Kick (Head) [BL]
 3. One Step Side Kick (Body)
– Back Kick (Body)
– Back Fist (Head) [FA]
– Roundhouse Punch (Head) [BA]
– Jump Roundhouse Kick (Head) [BL]
 4. Inward Elbow Strike (Head) [FA]
– Hook Kick (Head) [FL]
/ Side Kick (Head) [FL]
– Snap Punch Head
– Ridge Hand Strike (Head) [BA]
 5. Front Kick (Low (Knee)) [FL]
– Knee Strike (Body) [BL]
– Dropping Elbow Strike (Head) [FA]
– Back Kick (Head)
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Sanbon Gumite

(Pairs)

1. Chudan Uchi Uke
– Empi
2. Chudan Soto Uke
– Maegeri
– Gyakuzuki
3. Chudan Uchi Uke
– Kansetsu Waza
4. Chudan Soto Uke
– Kansetsu Waza
5. Jodan Uke Ipponme
6. Jodan Uke Nihonme

3 Step Fighting

(Pairs)

1. Inside Body Block
– Elbow Strike
2. Outside Body Block
– Front Kick
– Reverse Punch
3. Inside Body Block
– Arm Lock
4. Outside Body Block
– Arm Lock
5. Head Block Number One
6. Head Block Number Two

Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme

Basic Sparring

(Pairs)

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three

Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan

Forms

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing the Sky
7. Iron Horse
8. Fighting to the East
9. 13 Hands

Kata Bunkai

(Pairs)

Kata Application

(Pairs)

Appropriate application for Kata of Grading Instructors Choice

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)Dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing The Sky
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8. Fighting To The East
9. 13 Hands

Traditional

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| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 2. Nagashizuki (Jodan) | 2. Sliding Twisting Snap Punch (Head) |
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| 1. Junzuki (Chudan)
– Mawatte Jodan Uke | 1. Lunge Punch (Body)
– Turn Rising Head Block |
| 2. Kette Junzuki (Chudan)
– Mawatte Jodan Uke | 2. Kick Lunge Punch (Body)
– Turn Rising Head Block |
| 3. Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 3. Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 4. Kette Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 4. Kick Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 5. Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 5. Reverse Punch (Body)
– Turn Downward Block |
| 6. Kette Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 6. Kick Reverse Punch (Body)
– Turn Downward Block |
| 7. Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 7. Leaning Reverse Punch (Groin)
– Turn Downward Block |
| 8. Kette Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 8. Kick Leaning Reverse Punch (Groin)
– Turn Downward Block |
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| 1. Shuto Uke
(Mahanmi Nekoashi Dachi) | 1. Knife Hand Block
(Side Cat Stance) |
| 2. Moroto Uke
(Mahanmi Nekoashi Dachi) | 2. Double Forearm Block
(Side Cat Stance) |
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Additional Techniques

Jiyu Kumite

(Light Contact With Protective Equipment)

(5 X 3 Minutes)

Makiwara

(5 X 3 Minutes)

Goshin Jutsu (X 9)

(4) Single Attacker

(3) Two Attackers

(2) Multiple Attackers

Freestyle Tanto Dori (X 3)

(Free Choice)

Sparring

(Light Contact With Protective Equipment)

(5 X 3 Minutes)

Pad Work

(5 X 3 Minutes)

Self Defence (X 9)

(4) Single Attacker

(3) Two Attackers

(2) Multiple Attackers

Freestyle Knife Defence (X 3)

(Free Choice)

Wado Tanto Dori (X 1)

(Free Choice)

Wado Idori (X 1)

(Free Choice)

Wado Knife Defence (X 1)

(Free Choice)

Wado Kneeling Defence (X 1)

(Free Choice)

Kansetsu Waza (X 1)

(Free Choice)

(Gyaku)Nage Waza (X 1)

(Free Choice)

Taoshi Waza (X 1)

(Free Choice)

Joint Lock Technique (X 1)

(Free Choice)

Throwing Technique (X 1)

(Free Choice)

Take-Down Techniques (X 1)

(Free Choice)

Sempai Training
(Teach - All Grades)

1. **Junzuki (Chudan)**
– Mawatte Jodan Uke
2. **Kette Junzuki (Chudan)**
– Mawatte Jodan Uke
3. **Junzuki No Tsukkomi (Jodan)**
– Mawatte Jodan Uke
4. **Kette Junzuki No Tsukkomi (Jodan)**
– Mawatte Jodan Uke
5. **Gyakuzuki (Chudan)**
– Mawatte Gedan Barai
6. **Kette Gyakuzuki (Chudan)**
– Mawatte Gedan Barai
7. **Gyakuzuki No Tsukkomi (Kin)**
– Mawatte Gedan Barai
8. **Kette Gyakuzuki No Tsukkomi (Kin)**
– Mawatte Gedan Barai
9. **Kihon Waza**
10. **Kata**

Teaching Ability
(Teach - All Grades)

1. **Lunge Punch (Body)**
– Turn Rising Head Block
 2. **Kick Lunge Punch (Body)**
– Turn Rising Head Block
 3. **Leaning Lunge Punch (Head)**
– Turn Rising Head Block
 4. **Kick Leaning Lunge Punch (Head)**
– Turn Rising Head Block
 5. **Reverse Punch (Body)**
– Turn Downward Block
 6. **Kick Reverse Punch (Body)**
– Turn Downward Block
 7. **Leaning Reverse Punch (Groin)**
– Turn Downward Block
 8. **Kick Leaning Reverse Punch (Groin)**
– Turn Downward Block
 9. **Basic Techniques**
 10. **Kata**
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