

Shodan-Ho – (Preliminary) Black Belt
(Eleventh Belt/Grade)

Minimum Training Time:
12 Months (52 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

Tsuki Waza

1. Chokuzuki (Jodan)
2. Gyakuzuki (Chudan)
3. Mawashizuki (Chudan) [FA]
4. Agezuki (Jodan)
5. Yoko Uraken (Jodan)
6. Mae [*Otoshi*] Uraken (Jodan)
7. Tettsui Uchi (Jodan)

ENGLISH

Punches

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

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

Open Hand

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

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

Fist (One Knuckle)

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

1. Mae Empi Uchi (Jodan) [FA]
2. Age Empi Uchi (Jodan) [BA]
3. Otoshi Empi Uchi (Jodan) [FA]
4. Yoko Empi Uchi (Jodan)
5. Ushiro Empi Uchi (Chudan)

Elbow Strikes

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

1. Naiwan Uchi (Chudan)
2. Gaiwan Uchi (Jodan)

Arm Strikes

1. Inner Forearm Strike (Body)
 2. Outer Forearm Strike (Head)
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Keri Waza

1. Maegeri (Chudan) [BL]
2. Mawashigeri (Chudan) [BL]
3. Yokogeri (Chudan) [BL]
4. Ushirogeri (Chudan)
5. Josokutei Mawashigeri (Chudan)
6. Kokatogeri (Jodan) [BL]
7. Uchi Mikazukigeri (Jodan) [BL]
8. Soto Mikazukigeri (Jodan) [BL]
9. Suriashi Kokatogeri (Jodan) [FL]
10. Ashi Barai [FL/BL]

Kicks

1. Front Kick (Body) [BL]
 2. Roundhouse Kick (Body) [BL]
 3. Side Kick (Body) [BL]
 4. Back Kick (Body)
 5. Ball of Foot Roundhouse Kick (Body)
 6. Axe Kick (Head) [BL]
 7. Inside Crescent Kick (Head) [BL]
 8. Outside Crescent Kick (Head) [BL]
 9. Sliding Axe Kick (Head) [FL]
 10. Foot Sweep [FL/BL]
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Renraku Waza

1. **(Ni) Tobi Maegeri (Jodan) [FL]**
 - Tobi Mawashigeri (Jodan) [BL]
 - Ushirogeri (Chudan)
 - Uraken (Jodan)
 - Gyakuzuki (Chudan)
 - Furizuki (Jodan)
 - Empi Uchi (Chudan)
2. **Yokogeri (Jodan)**
 - / Ura Mawashigeri (Jodan)
 - / Kokatogeri (Jodan)
 - [Same Leg, FL]
 - Chokuzuki (Jodan)
 - Mawashizuki (Jodan) [BA]
 - Mawashigeri (Chudan) [BL]
 - Yoko Empi Uchi (Jodan)
3. **Uchi Mikazukigeri (Jodan)**
 - / Soto Mikazukigeri (Jodan)
 - / Tobi Mawashigeri (Jodan)
 - [Same Leg]
 - Yokogeri (Chudan)
 - Suriashi Kokatogeri (Jodan)
 - [Alt Legs]
 - Chokuzuki (Jodan)
 - Gyakuzuki (Chudan)
 - Uraken (Jodan)
 - Gyakuzuki (Chudan)
 - Ashi Barai
4. **Zenshinshite Chokuzuki (Jodan)**
 - Gyakuzuki (Chudan)
 - Surikomi Mawashigeri (Chudan)
 - / Ura Mawashigeri (Jodan)
 - / Suriashi Yokogeri (Chudan)
 - [Same Leg]
 - Haito Uchi (Jodan) [BA]
 - Mawashizuki (Jodan) [FA]
 - Tatezuki (Chudan) [BA]

Combination Techniques

1. **(Double) Jumping Front Kick (Head) [FL]**
 - Jumping Roundhouse Kick (Head) [BL]
 - Back Kick (Body)
 - Back Fist (Head)
 - Reverse Punch (Body)
 - Swing (*Bolo*) Punch (Head)
 - Elbow Strike (Body)
 2. **Side Kick (Head)**
 - / Hook Kick (Head)
 - / Axe Kick (Head)
 - [Same Leg, FL]
 - Snap Punch (Head)
 - Roundhouse Punch (Head) [BA]
 - Roundhouse Kick (Body) [BL]
 - Side Elbow Strike (Head)
 3. **Inside Crescent Kick (Head)**
 - / Outside Crescent Kick (Head)
 - / Jumping Roundhouse Kick (Head)
 - [Same Leg]
 - Side Kick (Body)
 - Sliding Axe Kick (Head)
 - [Alt Legs]
 - Snap Punch (Head)
 - Reverse Punch (Body)
 - Back Fist (Head)
 - Reverse Punch (Body)
 - Foot Sweep
 4. **Stepping Through Snap Punch (Head)**
 - Reverse Punch (Body)
 - One Step Roundhouse Kick (Body)
 - / Hook Kick (Head)
 - / Sliding Side Kick (Body)
 - [Same Leg]
 - Ridge Hand Strike (Head) [BA]
 - Roundhouse Punch (Head) [FA]
 - Vertical Fist Punch (Body) [BA]
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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
7. Jodan Uke Sanbonme
8. Jodan Uke Yonhonme
9. (Chudan) Maegeri Uke Ipponme
10. (Chudan) Maegeri Uke Nihonme
11. (Chudan) Maegeri Uke Sanbonme
12. (Chudan) Maegeri Uke Yonhonme
13. (Chudan) Maegeri Uke Gohonme
14. (Chudan) Maegeri Uke Ropponme

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
7. Head Block Number Three
8. Head Block Number Four
9. (Body) Kick Block Number One
10. (Body) Kick Block Number Two
11. (Body) Kick Block Number Three
12. (Body) Kick Block Number Four
13. (Body) Kick Block Number Five
14. (Body) Kick Block Number Six

Ohyo Gumite

(Pairs)

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme
6. Ohyo Gumite Ropponme
7. Ohyo Gumite Nanahonme

Semi Free Fighting

(Pairs)

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five
6. Semi Free Fighting Six
7. Semi Free Fighting Seven

Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme
6. Kihon Kumite Ropponme
7. Kihon Kumite Nanahonme
8. Kihon Kumite Hachihonme

Basic Sparring

(Pairs)

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five
6. Basic Sparring Six
7. Basic Sparring Seven
8. Basic Sparring Eight

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
10. Bassai (Passai)
11. Niseishi
12. Wanshu

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
10. Storm the Fortress
11. 24 Steps
12. Dumping Form

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
10. Bassai (Passai)
11. Niseishi
12. Wanshu

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
 10. Storm the Fortress
 11. 24 Steps
 12. Dumping Form
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Traditional

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|---|--|
| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 2. Nagashizuki (Jodan) | 2. Sliding Twisting Snap Punch (Head) |
| 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 |
| 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) |

Jiyu Kumite
(Light Contact with Protective Equipment)
(5 X 3 Minutes)

Goshin Jutsu (X 7)
(5) Single Attacker
(2) Multiple Attackers

Tanto Dori (X 3)

Makiwara
(5 X 3 Minutes)

Sparring
(Light Contact with Protective Equipment)
(5 X 3 Minutes)

Self Defence (X 7)
(5) Single Attacker
(2) Multiple Attackers

Knife Defence (X 3)

Pad Work
(5 X 3 Minutes)

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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