



Physical Requirements

Shodan Black Belt

KIHON (Basics)

Zuki (All punches)
Uke (All blocks)

GERI (Kicks)

Geri (All kicks)
Geri ashi okite (Alternating leg kicks)
Geri onaji ashi (Same leg kicks)
Geri to a focus bag (Basic kicks, 5 each to a bag)

UCHI (Strikes)

Uchi (All strikes)	New
	Uchi combinations (up to 4 strikes)

COMBINATIONS

All combinations from kyu	New
Kata combinations	
Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)	Shuto uke, mae geri keage, uraken uchi to gyaku zuki (Knife hand block, front snap kick, back knuckle strike to reverse punch)
Soto uke, yoko empi uchi, uraken uchi to gyaku zuki (Outside block, side elbow strike, back knuckle strike to reverse punch)	Soto uke, yoko empi uchi, uraken uchi, spinning uraken uchi to oi zuki (Outside block, side elbow strike, back knuckle strike, spinning back knuckle strike to lunge punch)

FUDO DACHI (Fighting Stances)

All fudo dacho kyu 4-9	New
Oi zuki, kizami zuki to step up mawashi geri to spinning ushiro geri (Lunge punch, jab to step up round kick to spinning back kick)	Oi zuki to step up mae geri keage, oi zuki to step up fake mae geri to mawashi geri (Lunge punch to step up front snap kick, lunge punch to step up fake front kick to round kick)
Oi zuki, switch dachi, gyaku zuki to yoko geri kekomi to shuffle up ushiro geri (Lunge punch, switch stance, reverse punch to side	Oi zuki, switch dachi, gyaku zuki to uchi mikazuki geri to mae tobi geri (Lunge punch, switch stance, reverse punch to inside crescent kick to flying front kick)

thrust kick to shuffle up back kick)	
Mae geri keage to oi zuki, gyaku zuki to mawashi geri (Front snap kick to lunge punch, reverse punch to round kick)	Mae geri keage to oi gyaku zuki to haito uchi to mawashi geri to spinning ushiro geri, reverse form uchi uke to yoko geri kekomi (Front snap kick to lunging reverse punch to ridge hand strike to round kick to spinning back kick, reverse side inside block to side thrust kick)
Oi gyaku zuki to gyaku zuki to mawashi geri to spinning ushiro geri (Lunging reverse punch to reverse punch to round kick to spinning back kick)	Soto haito uchi, hiraken uchi to oi empi uchi to gyaku zuki, mawashi geri to spinning ushiro geri (Outside ridge hand strike, four-knuckle strike to lunging elbow strike to reverse punch, round kick to spinning back kick)
Kizami zuki to step up mae geri keage, switch dachi, gyaku zuki to mae geri keage (Jab to step up front snap kick, switch stance, reverse punch to front snap kick)	Switch dachi, fake mae geri to mawashi geri to empi uchi, step through uchi shuto uchi, empi zuki to mawashi geri to ushiro geri onaji ashi (Switch stance, fake front kick to round kick to elbow strike, step through inside open hand strike, empi punch to round kick to back kick, same leg)
Kizami zuki to step up mawashi geri, switch dachi, gyaku zuki to yoko geri kekomi to spinning ushiro geri kekomi(Jab to step up round kick, switch stance, reverse punch to side thrust kick to spinning back kick)	
Step up mae geri keage to kizami zuki, step up mawashi geri to shuffle up ushiro geri (Step up front snap kick to jab, step up round kick to shuffle up back kick)	
Kizami zuki, switch dachi, ni gyaku zuki to yoko geri kekomi to spinning uraken uchi to oi zuki (Jab, switch stance, reverse punch, reverse punch to side thrust kick to spinning back knuckle strike to lunge punch)	

KATA (Forms)

Heian Shodan (Peaceful Mind 1)	New
Heian Nidan (Peaceful Mind 2)	Empi (Flight of the Swallow)
Heian Sandan (Peaceful Mind 3)	Tekki Nidan (Iron Warrior 2)
Heian Yodan (Peaceful Mind 4)	Hangetsu (Half moon)
Heian Godan (Peaceful Mind 5)	Bassai Sho (To Penetrate a Fortress, lesser)
Tekki Shodan (Iron Warrior 1)	Kwanku Sho (Look to the Sky, lesser)
Bassai Dai (Storming the Castle, greater)	
Jion (A temple in China)	
Kwanku Dai (Look to the Sky, greater)	Interpretational kata (selected, not Heian)

KUMITE (Sparring)

Gohon kumite (Five-step sparring)	New
Sambon kumite (Three-step sparring)	Jiju kumite, two opponents
Tournament freestyle	
Jiju kumite (Freestyle sparring)	

SELF DEFENSE

Ten one-on-one
Ten two-on-one
Ten impromptu

TEST FEE = \$200