

### **Sho (1<sup>st</sup>) Dan Exam:**

**Kata:** Examinee's choice of the following basic Katas:

Tekki Nidan	Tekki Sandan	Bassai Dai	Kanku Dai
Jion	Empi	Hangetsu	Jutte
Gankaku			

Demonstrate a Kata randomly selected by the examiner from Heian Shodan through Heian Godan and Tekki Shodan

### **Kihon:**

Execute (3): **Oizuki Sanbon Zuki; (Zenkutsu)**

**(1) Jodan, (2) Chudan**

(Execute forward stepping punch to face, and without changing position punch twice to stomach, alternating hands)

Execute (3): **Jodan Ageuke>> Chudan Kizami Maegeri>> Chudan Gyaku Zuki; (Zenkutsu)**

(rising block, front leg front snap kick, reverse punch- stomach, stepping back in forward stance)

Execute (3): **Chudan Soto Udeuke>> Yoko Empi Uchi>> Tate Riken Uchi>> Chudan Gyakuzuki; (Zenkutsu>> Kiba>> Zenkutsu)**

(outside forearm block stepping forward into forward stance, keeping the same side forward shift into side stance, executing horizontal elbow strike to the side with the forward arm followed by vertical back fist strike with the same arm, then change to forward stance executing reverse punch-stomach)

Execute (3): **Chudan Shutouke>> Kizami Maegeri>> Nukite; (Kokutsu>> Zenkutsu)**

(knife hand block stepping back into back stance, front snap kick with the forward leg, stepping into forward stance with the same leg forward and executing spear hand from prior pulling arm position)

Execute (3): **Chudan Uchi Udeuke>> Jodan Kizami Zuki / Chudan Kizami Maegeri>> Chudan Gyakuzuki; (Zenkutsu)**

(middle level inside forearm block stepping forward in forward stance, then simultaneously execute short punch- face with the forward hand and snap kick-stomach with the forward leg, reverse punch- stomach)

Execute (3): **Maegeri Rengeri- Kizami; (Zenkutsu)**

**(1) Chudan, (1) Jodan**

(moving forward in forward stance and starting with the front leg, execute 2 consecutive front snap kicks, first to stomach then to face)

**Mawate** (Turn)

Execute (3): **Mawashigeri Rengeri- Kizami; (Zenkutsu)**

(moving forward in forward stance and starting with the front leg, execute 2 consecutive roundhouse kicks, first to stomach then to face)

Change to **Kiba Dachi** (Side stance –facing front)

Execute (2): **Jodan Yoko Keage; (Kiba)**

(side snap kick, face, stepping to the side in side stance)

*Execute both left and right sides*

Execute (2): **Chudan Yoko Kekomi; (Kiba)**

(side thrust kick, stomach, stepping to the side in side stance)

*Execute both left and right sides*

Change to **Zenkutsu Dachi** (Forward stance)

Execute (3): **Chudan Kizami Yoko Kekomi>> Chudan Mawashigeri>> Chudan Gyakuzuki; (Zenkutsu)**

(moving forward in forward stance and starting with the front leg execute side thrust kick- stomach, round kick with the other leg – stomach, and reverse punch- stomach)

**Sho (1<sup>st</sup>) Dan Exam - continue:**

Execute (3): **Chudan Kizami Mawashigeri>> Chudan Kizami Yoko Kekomi>> Jodan Oizuki; (Zenkutsu)**

(from forward stance execute round kick- stomach with the front leg, then with the same leg execute side thrust kick- stomach without putting the foot down on the floor, then punch-face)

Return to Kata starting position

**(2) Jodan Maegeri>> Jodan Yoko Keage >>Chudan Yoko Kekomi; (Zenkutsu)**

(from forward stance execute front snap kick- face, followed by side snap kick-face; then side thrust kick- stomach; remain in place and don't put the kicking foot down on the floor between the two kicks.)

*Execute both left and right sides*

**Kumite:**

**Kihon Ippon Kumite** (basic 1 step sparring, no count)

Each examinee executes & defends against:

**(1) Jodan Oizuki**

(single stepping punch -face)

**(1) Chudan Oizuki**

(single stepping punch -stomach)

**(1) Chudan Maegeri**

(single front snap kick –stomach)

**(1) Chudan Ushirogeri**

**(1) Chudan Yoko Kekomi**

(single side thrust from forward stance- stomach)

Control Test:

**Chudan Gyakuzuki; (Zenkutsu)**

While standing in forward stance the examinee executes middle level reverse punch to a stationary target (usually a pen or pencil) held by the examiner. The target is held stationary at first, then is moved up and down, side to side, forward then backward. Examinee is to use maximum speed, reach and focus. Each punch should stop within one centimeter of the target without making impact. The examinee is allowed to get his/her distance and begins punching on command and continues until instructed to stop, about 10 punches. Both right and left sides are executed.