



1st Dan – Black Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick - Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick - Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

KERI WAZA – KICKS

Maegeri Chudan (Front Kick to the Body)
Mawashigeri Chudan or Jodan (Round Kick to the Body or Head)
Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri Jodan (Hook Kick To The Head)
Hiza Geri (Knee Kick)
Sokuto Fumikomi (Stamping Kick)
Kingeri (Kick to the Groin Using Top Of Foot)

ASHI BARAI - FOOT SWEEPS

Tsugi Ashi Barai (Foot Sweep Of The Front Leg)
Kosoto Ashi Barai (Foot Sweep of the Back Leg)
Ushiro Ashi Barai (Turning Sweep off left & right)

UKE WAZA – BLOCKS

Blocking Combination Routine (See Separate Sheet)
Juji Uke (X block - Various Heights)
Sukui Uke (Scooping Block in Horse Stance)
Koken Uke (Wrist Block)

ATE WAZA – STRIKING BASICS

	Mea Empi Jodan From Zenkutsudachi (Front Elbow Strike)
	Tate Empi From Zenkutsudachi (Vertical Elbow Strike)
	Haito Jodan From Zenkutsudachi (Ridge Hand Strike)
	Uraken Jodan From Zenkutsudachi (Back Fist To Head)
	Shotei Jodan From Zenkutsudachi (Palm Strike)
	Nukite Chudan From Zenkutsudachi (Knife Hand Strike)
	Soto Tetsui In Shikodachi (Side Hammer Fist In Horse Stance)
	Yoko Empi In Shikodachi (Side Elbow Strike In Horse Stance)

RENRAKU WAZA – SHORT COMBINATIONS

	Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan - Kiai (Front Kick – Evasion Punch Head – Reverse Punch Body – Shout)
	Ayumiashi Mawashigeri - Kiai (Step Forward Round Kick – Shout)
	Tsugiashi Sokuto – Kiai (Step up Side Kick - Shout)
	Mae Empi – Soto Tetsui Chudan (same arm) - Kiai (Front Elbow Strike – Dropping straight into Side Hammer Fist – Shout)

RENRAKU WAZA – LONG COMBINATIONS

	(Tobikomizuki Jodan x 2 - Gyakuzuki Chudan) – Surikomi Mawashigeri Chudan – Gyaku Haito Jodan - Kiai (2 Jab Punches to Head / Reverse Punch Body – One Step Round Kick Body – Reverse Ridge Hand - Shout)
	Ura Ayumiashi Shutouke (Stepping back) – Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Jodan - Kiai (Step back knife hand block – Front Kick Body - Evade Jab to Head – Reverse Punch Body – Round Kick Head – Shout)
	Yoriashi Uraken Jodan – Tsugi Ashi Barai – Mawashigeri Jodan – Gyakuzuki Chudan – Kiai Moving Forward Back Fist Head – Step up Foot Sweep – Round Kick Head – Reverse Punch Body – Shout)

KATA LIST 1 *(Panel Will Pick 2)*

	Nidan, Shodan, Sandan, Yodan or Godan
	1.
	2.
	1 Bunkai Application From Performed Kata 1.
	1 Bunkai Application From Performed Kata 2.

KATA LIST 2 *(Panel Will Pick 2)*

	Kushanku, Naihanchi or Seishan
	1.
	2.
	1 Bunkai Application From Performed Kata 1.
	1 Bunkai Application From Performed Kata 2.

GRADE KATA (The Student Must Complete These Katas).

	Chinto.
	Bassai.
	1 Bunkai Application From Chinto.
	1 Bunkai Application From Bassai.

PAIR WORK (Do All Attack & Defend)

	Kihon Gumite – 1 to 10
	Oyho Gumite – 1 to 8

SELF DEFENCE (To Be Shown With Power, Control and Good Technique)

	1 Weapon
	1 Takedown
	1 Choke.
	1 Punch
	1 Kick
	1 Sweep

	JI YU KUMITE – (Free Fighting / Sparring 3 x 1 Min Rounds 1 On 1 & 2 On 1) (Please Bring Full Sparring Kit)
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	PAD WORK – (3 x 1 Minute Rounds As Required)
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**Part Of Your Training To Become A Dan Grade Will Include Being Able To Teach
And Instruct In A Class And Perform A Sempei Role To The Sensei's.**

NOTES - COMMENTS.