

Shodan(1st degree) **REQUIREMENT CHECKLIST**

Be sure to check off each item as you become comfortable and competent of each requirement. Recommendation for examination by an authorized instructor is encouraged. Please note that recommendation is not promotion guaranteed.

Written Exam - approximately 60 minutes to be done at a pre-arranged time at the dojo

- includes all terminologies from A to H in the glossary
- explanation of 'Shin Ki Ryoku'.
- explanation of 'Ichi Gan, Ni Soku, San Tan, Chi Ryoku'.
- 2 personal essay questions given the day of examination

Practical Exam - Good form, balance, speed and power is essential in demonstration

1. Kihon Waza

As called by Sensei - in Japanese terminology

2. Renzoku Waza

Combinations as called by Sensei - in Japanese terminology

3. Kata

Chinto (Chito); Bassai (Chito); Seienchin (Shito); Rohai (Shito)

4. Bunkai

Seienchin (5 selections - Sensei's choice)

5. Kumite: required elements - proper timing, distance, good speed and power, balance, and proper finish

Single counters against: Kizame tsuki, gyaku tsuki, mae keri, mawashi keri; ura-mawashi keri;
Sokuto keri, mawari ushiro keri

3 x Counters against a double punch - use hand and leg techniques and include some sweeping techniques

3 x Counters against a front kick/punch combination - use elements list above

3 x Counters against a single attack (your choice) - must finish with a throwing technique

6. Ukemi Waza

7. Nage Waza (Throwing techniques) - must provide your own partner

Hen Shu Ho 1-14

8. Kobudo

2 x bo exercises of examiner's choice chosen from the blue and brown requirements