



## 1st KYU (Brown Belt 2 stripes) to Black Belt (Shodan Ho)

*Minimum Attendance Requirements-6 months / 60 LESSONS*

- Improvement in all previous belt requirements.
- Students will complete a written examination.

### **LINE DRILLS**

- Sanchin-Dachi, Jodan Uke, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Chudan Uke, Jodan Gyaku Tsuki
- Shiko-Dachi, Gedan Beri, Gyaku Shita Tsuki
- Zenkutsu-Dachi, Mae-Geri Chudan Tsuki
- Han-Zenkutsu-Dachi, yuko Geri, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Mawashi Geri, Chudan Gyaku Tsuki
- Sanchin-Dachi, Mae Geri, Mawashi Geri

### **COMBINATIONS**

- Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
- Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
- Shiko-Dachi (@ 90 degrees), Gedan Tettsui Uchi, Ura Uchi
- Sanchin Dachi, Chuge Uke
- Shiko-Dachi @45, Hiji-Ate, Ura-Uchi, Gedan Uke, Gyaku Tsuki
- Shiko-Dachi @45, Ketsu Geri, Age Tsuki, Ura-Uchi, Gedan Beri, Gyaku Tsuki

### **KATA**

- Students will be required to assist with teaching (under supervision).
- The student is expected to demonstrate all kata to date to a high standard showing a high degree of power, speed, balance, technique and zanchin.
- Grading Kata Shisochin & Sunseru

### **TEACHING**

- Some teaching experiences