



Shodan 1st Dan (Black Belt)

96 lessons - 10 of which should be Yudansha lessons plus one external course within a one year period

Kihon

(Forwards & Backwards x 5)

Age uke /Mae Geri/ Gyaku Zuki /Gedan Barai

Uchi Uke Kokutsu Dachi /Kizami Zuki/ Gyaku Zuki /Gedan Barai

Soto Ude Uke/Yoko Empi Uchi Kiba Dachi /Uraken /Gyaku Zuki /Gedan Barai

Shuto Uke / Kokutsu Dachi/ Kizami Mawashi Geri/ Gyaku Shihon Nukite

Kizami Zuki /Mae Geri/ Sanbon Zuki (Forward x 5 turn back x 5)

Mae Geri (Same Leg) Mawashi Geri /Uraken Uchi/ Gyaku Zuki /Gedan

Mae Geri (Same Leg) Yoko Geri Kekomi /Shuto Uchi Gyaku Zuki /Gedan Barai

Gyaku Zuki / Mae Geri Mawashi Geri (same leg) turn Shuto Uchi / Gyaku Zuki

(Forward x 5 turn back x 5)

Step Back Age Uke/ Step Forward Mawashi Geri Uraken/ Oi Zuki)

Kizami Mawashi Geri/ Ushiro Geri/Uraken/ Gyaku Zuki

Kizami Kekomi/ step forward Mae Geri/ Oi Zuki Gyaku Zuki

Kekomi/ Keage with same leg in Kiba Dachi

Balance Kicking x 5 each side

Mae Geri/ Mawashi Geri /Yoko Geri Kekomi /Ushiro Geri

Kumite: Kihon Ippon 1-5 both Sides + **Jiyu Ippon** 1-5 Both Sides.

Students should practice Kumite on both sides

Jiyu Kumite: against Dan Grades, of Examiners Choice.

Good control, spirit etiquette & technique to be demonstrated at all times.

Kata:

Choose One not used previous

Jiin / Jion / Jitte / Kanku Dai / Empi / Gankaku.

www.tskr.co.uk