



Karate-do Yushin-juku

空 手 道 優 心 塾

Shodan (1st degree blackbelt) Requirements

Eligibility: Minimum of 20 class attendances after obtaining a 1st kyu

KIHON (*Basics*)

Hidari jiyu-gamae (*left free-style position*)

- Zenshin:** Jodan kizami-zuki → Jodan kizami-oi-zuki → Chudan gyaku-zuki (*4-times*)
Step-in: Lunge face punch, Step-in lunge face punch, Middle reverse-punch
- Koshin:** Age-uke → Kizami mawashi-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Front-leg roundhouse-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → uraken-uchi → zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow-strike, Back-fist strike, Front-stance Middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Chudan nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Middle spear-hand attack
- Zenshin:** Chudan uchi-uke → Jodan uraken-uchi → Gyaku-zuki (*4-times*)
Step-in: Middle inside-block, Upper back-fist strike, Middle reverse-punch
- Koshin:** Kokutsu-dachi uchi-uke → Zenkutsu-dachi jodan kizami-zuki → Gyaku-zuki (*4-times*)
Step-back: Back-stance middle inside block, front-stance upper lunge-punch, reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi → Mawashi-geri → Ushiro-geri → Gyaku-zuki (*Turn & repeat*)
Step-in: Front-kick, Side-thrust kick, Roundhouse-kick, Back-kick, Reverse-punch
- Stationary kicks** (mae-geri, yoko-keage, yoko-kekomi, mawashi-geri, ushiro-geri)

KATA (*Form*)

Tokui (Free choice: One from Kanku-dai, Bassai-dai, Jion, or Enpi)

Shitei (Mandatory: One from Kanku-dai, Bassai-dai, Jion, or Enpi)

Bunkai (Explain how specified techniques within the Tokui kata can be applied)

JIYU IPPON-KUMITE (*Free 1-step Sparring*) with *Free-style Stance & Technique*

- Jodan-zuki (*Face punch - either forward punch or reverse punch*)
- Chudan-zuki (*Chest or stomach punch - either forward punch or reverse punch*)
- Jodan-geri (*Head-level kick - front/side/roundhouse/back kick*)
- Chudan-geri (*Chest or stomach-level kick - front/side/roundhouse/back kick*)

JIYU KUMITE (*Free Sparring*)

INSTRUCTIONAL SKILLS

Must be able to lead the warming-up & stretching routine

WRITTEN EXAM (*Due on the test day*)

Read "*Moving Zen - Karate as a Way to Gentleness (C.W. Nicol)*" and write a book report.