

# International Shotokan Karate Federation

## Grading syllabus for 1<sup>st</sup> KYU testing for Shodan (Black Belt)

### Basics:

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- ◆ Stepping forward punching **sanbon-tsuki** (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking **age-uke** (rising block), **gyaku-tsuki** (reverse punch jodan level)
- ◆ Stepping forward **soto ude-uke** (outside forearm block), change your stance to **kiba-dachi** (side stance) and strike **empi-uchi** (elbow strike), then **uraken** (backfist strike), change stance to **Zenkutsu-dachi** (front stance) punching **gyaku-tsuki** (reverse punch chudan level)
- ◆ Stepping back **shoto-uke** (knifehand block) in **kokutsu-dachi** (back stance), keep stance, kicking **mai-geri** then strike **nukite** (spearhand strike) in back stance
- ◆ Stepping forward kicking **mai-geri ren-geri** (double kicking technique kicking first with front leg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking **mawashi-geri ren-geri** (round-house kick), as above
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri keage** (side snap kick)
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri kekomi** (side thrust kick)

### Standing kicks:

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- ◆ Standing in **Zenkutsu-dachi** (front stance) on the spot kick **mai-geri** (front snap kick) with back leg then either **yoko-geri keage** (side snap kick) or **yoko-geri kekomi** (side thrust kick) then step back.

### Kata: Bassai-Dai, Kanku-Dai, Jion, or Empi

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- ◆ Your choice of kata in your own time
- ◆ Examiners choice of kata for you (Heian 1 – Tekki 1)

### Kumite: Jiyu Kumite (Free Sparring)

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- ◆ Facing your partner, dojo **Kumite**. Make proper distancing while attacking, good kime, create a target and attack on target, effective blocking and shifting, execute effective attacks with strong kiai. Mouthpiece and hand protectors must be worn.

**Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.**