

YONEN SHODAN SYLLABUS

1st DAN

Junior (6-8 Years)

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachi (45 degrees)

- #1 - Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

INTERMEDIATE SELF DEFENSE

5, 6

KIHON KUMITE

5, 6

KATA

Seido IV
Tsuki no Kata

WEAPONS - BO

Basic Postures & Striking/ Blocking Techniques
Yonen Bo Kumite I

Embroidery and Promotion:

Eligibility for Embroidery:

- 6 Months training
- 60 Classes minimum since last promotion
- Approval from main instructor

Consideration for Promotion:

- 24 Months constant training since embroidery
- Read Karate Kyohon
- Review all previous material

Promotion at black belt level is at Kaicho's discretion, and is by invitation only.