

SHONEN SHODAN SYLLABUS

1st DAN

Youth (9-15 Years)

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachii (45 degrees)

- #2 Tetsui - Fist Edge
- Jodan Nukite - Upper Spear Hand
- Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

KICKS

Sasanami Geri - Lateral Crescent Kick

KIHON KUMITE

5, 6, & 7

YAKUSOKU KUMITE

4

KATA

Taikyoku I & II Ura
Pinan V
Tsuki no Kata
Saiha
Seido V

WEAPONS – BO

Basic Postures & Striking/ Blocking Techniques
Bo Kumite I
Bo Kihon Dosa I & II

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.

SHONEN NIDAN SYLLABUS

2nd DAN

Youth (9-15 Years)

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachi (45 degrees)

- #3 - Tsuki Age - Rising Vertical Punch
- Uraken Sayu Uchi - Backfist
- Hiji Mawashi Ate - Roundhouse Elbow Strike
- Tettsui - Fist Edge
- Jodan Nukite - Upper Spearhand Strike
- Jodan Uke - Upper Block
- Kake Uke - Hook Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

ADVANCED SELF DEFENSE

6 – 10 (knife self defense)

KIHON KUMITE

1 - 5 (right foot forward)

KATA

Taikyoku III Ura
Pinan I Ura
Gekisai Dai Ura
Tensho
Gekisai Sho

WEAPONS – JO

Jo Defensive Techniques 1-5
Ooyo

Promotion:

Eligibility for Embroidery:

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

Consideration for Promotion:

- 30 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.