

SHODAN SYLLABUS

1ST DAN

KARI-SHODAN

KATA

Pinan I (Ura)
Gekisai Dai (Ura)
Seido I (Migi Hajime)
Gekisai Sho
Seido V

WEAPONS

Bo Kamae
Bo Kihon Dosa I & II
Bo Kumite I

OTHER

Intermediate Self Defense (Left Punch)
Advanced Self Defense 1-10

Kihon Kumite 1-7 (Migi Ashi Mae)
Yakusoku Kumite 5

Black Belt Punch/Kick Combination
Kiba Dachii Yonjugodo

- You are eligible to move up to Senior Shodan after 6 months/60 classes minimum and Kaicho's approval. Once you meet the criteria above, request an attendance print-out from the front desk and present it to Kaicho for his review.

SENIOR SHODAN

KATA

Seienchin
Chion

WEAPONS

Ooyo 1 & 2
Jo Kihon Dosa 1-5
Jo Defensive Techniques 1-4

OTHER

Kumite Taisabaki 1-5

- You are eligible for promotion after a minimum of another 24 months of consistent training and good communication with Kaicho. As always Black Belt Promotion is invitation and should never be expected.