

## SHODAN EXAMINATION

### A. Kata

- |   |   |
|---|---|
| 1 | Heian Shodan                                      |
| 2 | Other Heian kata (examiner's choice)              |
| 3 | Tekki Shodan                                      |
| 4 | Group A kata (Bassai Dai, Empi, Jion, Kwanku Dai) |
| 5 | Other Group A kata (examiner's choice)            |

### B. Impact (using makiwara) (2 per side)

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|---|--|
| 1 | Front stance, in place, reverse punch, kamaï |
| 2 | Back stance, in place, reverse punch, kamaï  |
| 3 | Side stance, in place, elbow strike, kamaï   |

### C. Falling (two on each side)

- |   |  |
|---|--|
| 1 | <b>Standing roll (over an obstacle) and stand in kamaï</b> |
| 2 | <b>Break fall from opponent sweep</b>                      |

### D. Kihon (four times; two on each side)

- |   |  |
|---|--|
| 1 | Front stance, step in, punch high, twice low, kamaï (repeat 4 times)   |
| 2 | Front stance, step back, punch high, twice low, kamaï (repeat 4 times)   |
| 3 | Front stance, step in, rising block, reverse punch, step in, outside block, reverse punch, step in, inside block, reverse punch, step in, down block, reverse punch, step in, cutting block, reverse punch.  |
| 4 | Front stance, step back, rising block, reverse punch, step back, outside block, reverse punch, step back, inside block, reverse punch, step back, down block, reverse punch, step back, cutting block, reverse punch.  |
| 5 | Back stance, step in, rising block, front leg front kick, reverse punch, step in, outside block, front leg front kick, reverse punch, step in, inside block, front leg front kick, reverse punch, step in, down block, front leg front kick, reverse punch, step in, cutting block, front leg front kick, reverse punch.           |
| 6 | Back stance, step back, rising block, front leg front kick, reverse punch, step back, outside block, front leg front kick, reverse punch, step back, inside block, front leg front kick, reverse punch, step back, down block, front leg front kick, reverse punch, step back, cutting block, front leg front kick, reverse punch. |
| 7 | Side stance, left leg forward, step across, rising block, hook punch, step across, outside block, hook punch, step across, inside block, hook punch, step across, down block, hook punch, step across, cutting block, hook punch.  |
| 8 | Side stance, step back across, rising block, hook punch, step back across, outside block, hook punch, step back across, inside block, hook punch, step back across, down block, hook punch, step back across, cutting block, hook punch.   |
| 9 | Side stance, right leg forward, step across, rising block, hook punch, step across, outside block, hook punch, step across, inside block, hook punch, step across, down block, hook punch, step across, cutting block, hook punch.   |

1 0	Side stance, step back across, rising block, hook punch, step back across, outside block, hook punch, step back across, inside block, hook punch, step back across, down block, hook punch, step back across, cutting block, hook punch.
1 1	Front stance, step in, front kick, step in, front kick, lunge punch, kamaï (2 per side)
1 2	Front stance, step in, round kick, step in, round kick, reverse punch, kamaï (2 per side)
1 3	Front stance, step in, back kick, reverse punch, kamaï (2 per side)
1 4	Side stance, step across, side snap kick, step in, side snap kick, elbow strike, kamaï (2 per side)
1 5	Side stance, step across, side thrust kick, step in, side thrust kick, elbow strike, kamaï (2 per side)
1 6	Punching combination (examiner's choice)
1 7	Kicking combination (examiner's choice)
<b>E. Ippon Kumite</b> (all attacks are announced) (2 times each side)	
1	O: free stance, step in, punch high
	D: natural stance, any block, any counter, kamaï
2	O: free stance, step in, punch middle
	D: natural stance, any block, any counter, kamaï
3	O: free stance, step in, front kick middle
	D: natural stance, any block, any counter, kamaï
4	O: free stance, step in, side thrust kick middle
	D: natural stance, any block, any counter, kamaï
5	O: free stance, step in, round kick middle
	D: natural stance, any block, any counter, kamaï
6	O: free stance, step in, back kick middle
	D: natural stance, any block, any counter, kamaï
7	O: free stance, step in, reverse round kick middle
	D: natural stance, any block, any counter, kamaï
8	O: Attack of examiner's choice
	D: Defense of examiner's choice
<b>F. Jyu Ippon Kumite</b> (to complete a match, a point must be awarded for both offense and defense)	

1	Against an opponent of equal or greater rank
2	Against an opponent of equal or greater rank
3	Against an opponent of greater rank
<b>G. Accuracy</b> (at examiner's target without making contact with full speed and power)	
1	Front stance, reverse punch
2	Front stance, short punch
3	Front stance, short punch / reverse punch
4	Front stance, back leg front kick
5	Examiner's choice
<b>H. Embusen Assignment</b> (for each kata for which the student is responsible)	
1	Line diagram
2	Box diagram
3	Height and timing diagram
4	Body action analysis