**1st Dan – Black Belt**



15 Minute written exam, covering various aspects of Karate

**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki-no-tsukomi
4. Kette Gyakuzuki-no-tsukomi
5. Nagashizuki
6. Mawashigeri Jodan
7. Sokuto Jodan
8. Ushirogeri Chudan

**RENKEI WAZA - Combination techniques**

1. Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
2. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Jodan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Ipponme & Sanbonme
2. Chudan Uke - Ipponme & Sanbonme
3. Maegeri Uke - Ipponme & Sanbonme

**OHYO KUMITE – Semi-free fighting**

1. Ipponme, Nihonme & Sanbonme

**KIHON KUMITE – Basic Sparring**

1. Ipponme, Nihonme & Examiners choice between: Sanbonme, Yonhonme, Ropponme & Nanahonme

**KATA**

Pinan Shodan & Kushanku

Examiners choice between: Naihanchi, Seishan or Chinto

**JI YU KUMITE**