



Adelaide Academy of Combat & Defence

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Shotokan Karate-Do 1st Kyu (Brown Belt, White Stripe)

1) Heian Shodan

Bassai Dai

KIHON

TSUKI (Return to kamae each time)

2) Move F 3x, Gyaku-tsuki, step forward Kizama-tsuki, step back Gedan-berai, Gyaku-tsuki, step forward Oi-tsuki.

UKE (Return to Kamae each time)

3) Move F/B 5x, Gedan-berai, Uraken, Gyaku-tsuki, Gedan-berai.

4) Move F/B 5x, Age-uke, Uraken, Gyaku-tsuki, Gedan-berai.

5) Move F/B 5x, Soto-ude-uke, Empi, Yoko-geri, Gyaku-tsuki, Gedan-berai.

6) Move F/B 5x, Uchi-ude-uke, Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

7) Move F/B 5x, Shuto-uke, Mae-geri, Nukite, Shuto-uke.

8) 2x L/R, Four directional Gedan-berai, Gyaku-tsuki.

9) 2x L/R, Four directional Age-uke, Gyaku-tsuki.

GERI (Perform Gyaku-tsuki, Gedan Berai after each combination)

10) Move F 5x, Front leg Mae-geri Chudan, back leg Mae-geri Jodan.

11) Move F 5x, Mae-geri, Ren-geri.

12) Move F 5x, Front leg Mae-geri, back leg Mawashi-geri.

13) Move F 5x, Same leg, Yoko-geri-keagi, Yoko-geri-kekomi.

14) Move F 2x, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri.

15) Standing 2x, Same leg Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri.

KATA

16) Choice of Kata.

17) Choice of Bunkai.

18) Bunkai of Heian Shodan.

KUMITE

19) IPPON KUMITE (left and right stances)

Must have 2 takedowns

3x Jodan.

3x Mawashi-geri.

3x Chudan.

3x Yoko-geri.

3x Mae-geri.

3x Ushiro-geri.

20) JYU-IPPON KUMITE (left and right stances)

3x Jodan.

3x Mawashi-geri.

3x Chudan.

3x Yoko-geri.

3x Mae-geri.

3x Ushiro-geri.

21) Bassai Dai

Pass (27) Good (38) Exc (50)