



Adelaide Academy of Combat & Defence

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Shotokan Karate-Do Shodan (1st Dan Black Belt)

1) Heian Shodan

2) Bassai Dai

Kihon –tsuki (return to kamae each time)

3) Move f2x, Gyaku-tsuki, step forward Kizama-tsuki, step back Gedan-berai Gyaku-tsuki, step forward Oi-tsuki, Gyaku-tsuki, Gedan-berai.

Uke

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

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

6) Move F/B 3x, Soto-ude-uke, Empi, Yoko-geri, uraken, Gyaku-tsuki, Gedan-berai.

7) Move F/B 3x, Uchi-ude-uke, Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai (first block back stance.)

8) Move F/B 3x, Shuto-uke, Mae-geri, Nukite, Shuto-uke.

9) Move F/B 2x (same arm) Age-uke, Soto-ude-uke, gedan-berai, Uchi-ude-uke, Gyaku-tsuki, Gedan-berai.

10) Four directional L/R, Gedan-berai, Geyaku-tsuki.

11) Age-uke, Gyaku-tsuki,

12) Uchi-ude-uke, Gyaku-tsuki.

Geri

13) Move forward 3x, Front leg Mae-geri Chudan, back leg Mae-geri Jodan, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

14) Move forward 3x, Mae-geri, Ren-geri, Kiama-tsuki, Gyaku-tsuki, Gedan-berai.

15) Move forward 3x, Mae-geri front leg, Mawashi-geri back leg, Uraken, Gyaku-tsuki, Gedan-berai.

16) Move forward 3x (same leg in front stance) Yoko-geri Keage, Yoko-geri kekomi, Uraken, Gedan-berai.

17) Move forward 2x, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-tsuki, Gedan-berai.

18) 2x, Same leg, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri, Gedan-berai.

Kata

19) Choice of Kata, not Heian Shodan or Bassai-Dai.

20) Choice of Bunkai. Not Bassai-Dai.

21) Bunkai of Bassai-Dai.

Kumite

22) Ippon Kumite (left and right stances) Must have at least 3 takedowns

3x Jodan

3x Chudan

3x Mae-geri

3x Mawashi-geri

3x Yoko-geri

3x Ushiro-geri

23) Jyu Ippon Kumite (left and right stances)

3x Jodan

3x Chudan

3x Mae-geri

3x Mawashi-geri

3x Yoko-geri

3x Ushiro-geri

24) Demonstrate control of contact

25) Jyu Kumite, 3x2 minute bouts.

26) Bassai-Dai

Pass (39) Good (52) Exe (65)

Must have First Aid certificates