



Community Martial Arts

Shotokan Karate, Kick Boxing, Self Defense

Grading Sheet - to obtain 1st Dan (Black)

Minimum Requirement

Student must have trained as a 1st Kyu brown for at least 12 consecutive months.

Expectations

Student is expected to physically demonstrate with power, focus, control, speed, form and with proper breathing, the techniques outlined below.

Kihon (basic techniques – individually and in various combinations)

Dachi: (stances)	Shizen-tai (natural stance) Zenkutsu dachi (front stance) Kosa dachi (hook stance)	Kiba dachi (horse stance) Kokutsu dachi (back stance) Renoji dachi (short L stance)
Zuki: (punches)	Oi zuki (lunge punch) Jun zuki (front punch) Morote zuki (double punch)	Gyaku zuki (reverse punch) Kizami zuki (front jab) Kagi zuki (hook punch)
Geri: (kicks)	Mae geri keage (front snap kick) Yoko geri keage (side snap kick) Kizami geri (lead kick) Ushiro geri (spinning back kick) Hiza geri (knee kick)	Mae geri kekomi (front thrust kick) Yoko geri kekomi (side thrust kick) Mawashi geri (round house kick) Fumikomi geri (stomp kick) Mikazuki geri (crescent kick)
Uke: (blocks)	Jodan uke (high block) Soto uke (outside middle block) Geden barai (low block) Osae uke (pressing block) Empi uke (elbow block) Kakiwake uke (double arm inside block)	Age uke (rising block) Uchi uke (inside middle block) Shuto uke (knife hand block) Morote uke (double block) Juji uke (cross block) Manji uke (front and rear block)
Te waza: (hand strikes)	Tetsui (hammer fist) Uraken (back fist) Teisho (palm heel strike) Haito (inside ridge hand)	Nukite (spear hand) Empi uchi (elbow strike) Shuto uchi (knife hand strike)

Kata: 3 Taikyoku katas, 5 Heian katas, Tekki Shodan, Bassai Dai, Gosoku Yodan, Kanku Dai, Jion, Empi, Hangetsu

Sanbon Kumite Dai:	Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
Sanbon Kumite Sho:	Heian Shodan, Heian Nidan
Bunkai Dai :	Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
Bunkai Sho:	Heian Shodan
Ippon Kumite:	Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan, Heian Godan
Jiyu Kumite:	Students must demonstrate free sparring ability.

Other: Student is expected to recite student creeds.
Student is expected to know self defense techniques appropriate to the belt level.
Student must demonstrate instructing ability.
Student must demonstrate the application of one complete Heian kata.

Striving to make the world better by making people better.