



SHODAN – BLACK BELT 1st DEGREE

Commands during this examination will be given in Japanese

KIHON *All basics from Jiyu Dachi*

No	Technique	Stance	Procedure
5	Kizami Zuki/Mae Geri /Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba/ Zenkutsu	Forward and back
5	Uchi Uke (Zenkutsu)/Kizami Zuki/Gyaku Zuki /Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Kizami Mae Geri/Nukite/Shuto Uke	Kokutsu/ Zenkutsu/ Kokutsu	Forward and back
5	Gyaku Zuki/Mawashi Geri/Uraken/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Stepping back Age Uke/stepping forward (Back leg)Mawashi Geri /Uraken/Oi Zuki	Zenkutsu	Forward turn the same back
5	Keage/Kekomi (same leg)	Kiba	Forward turn the same back
5	Ushiro Geri	Zenkutsu	Forward turn the same back
Facing Forward			
5	Mae Geri/Kekomi/Ushiro Geri (same leg)	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Mawashi Geri/Uraken/Gyaku Zuki	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Kekomi/Shuto Uchi/Gyaku Zuki	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Ura Mawashi Geri	Zenkutsu	On the spot

KATA

A choice of the following Kata:

Enpi, Jion, Jitte and Ji'in

KUMITE

Kihon Ippon Kumite

Sets 1 to 5

Both sides no count

Jiyu Ippon Kumite

Sets 1 to 4

Both sides no count

Jiyu Kumite

Performed against 2 consecutive opponents of similar or higher level – This kumite should be non-stop and continue for 2 minutes in duration.

Oral Examination to test knowledge of associated subjects e.g.

Japanese terminology, Brief Karate history, First Aid & General knowledge

Written element

Submit an essay of at least 250 (juniors) / 500 (seniors) words detailing your thoughts on any aspect of Karate-do three months before the grading examination.



NIDAN – BLACK BELT 2nd DEGREE

Commands during this examination will be given in Japanese

KIHON *All basics from Jiyu Dachi*

No	Technique	Stance	Procedure
5	Kizami Zuki/Mae Geri /Sanbon Zuki	Zenkutsu	Step fwd. turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba/ Zenkutsu	Forward and back
5	Uchi Uke (Zenkutsu)/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Kizami Mawashi Geri/Nukite/Shuto Uke	Kokutsu/ Zenkutsu/ Kokutsu	Forward and back
5	Gyaku Zuki/Mawashi Geri/Uraken/Gyaku Zuki	Zenkutsu	Step fwd. turn the same back
5	Stepping back Age Uke/stepping forward Mawashi Geri (back leg)/Uraken/Oi Zuki	Zenkutsu	Step fwd. turn the same back
5	Keage/Kekomomi (same leg)	Kiba	Step fwd. turn the same back
5	Ushiro Geri/Gedan Barai/Gyaku Zuki		Step fwd. turn the same back
	Ushiro Mawashi Geri/Ura Mawashi Geri (back leg) / Yoko Geri Kekomi (front leg)	Jiyu Dachi	Turn/Back leg/Slide
Facing Forward			
5	Mae Geri/Kekomomi/Ushiro Geri/Mawashi Geri (same leg)	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Mawashi Geri/Uraken/Gyaku Zuki	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Kekomi/Shuto Uchi/Gyaku Zuki	Zenkutsu	On the spot
5	Back leg Mae Geri/Kizami Ura Mawashi Geri/Uraken/ Gyaku Zuki	Zenkutsu	On the spot

KATA

A choice of the following Kata:

Gankaku, Hangetsu, Kanku Sho, Nijushiho and Tekki Nidan

Demonstration of candidates' interpretation of Kata Bunkai

Plus all or any previous Kata of examiners choice.

KUMITE

Kihon Ippon Kumite

Sets 1 to 5
both sides no count

Jiyu Ippon Kumite

Sets 1 to 5
both sides no count

Jiyu Kumite

Performed against 3 consecutive opponents of similar or higher level – this kumite should be non-stop and continue for 5 minutes in duration.

Oral Examination to test knowledge of associated subjects. e.g.

Japanese terminology, Brief Karate History, First Aid and General knowledge

Written element

Submit an essay of at least 500 (juniors) / 750 (seniors) words detailing your thoughts on any aspect of Karate-do three months before the grading examination.



SANDAN – BLACK BELT 3rd DEGREE

Commands during this examination will be given in Japanese

KIHON

All basic combinations as in Nidan syllabus plus:

No	Technique	Stance	Procedure
5	Nagashi Uke/Gyaku Zuki/Uraken Uchi/Mawashi Geri (front leg)/Gyaku Zuki/Ashi Barai/Gyaku Zuki	Various	Forward turn and the same back
5	Mae Enpi/Shuto Uchi/Tettsui Uchi/Uchi Uke/Gyaku Zuki Mae Geri/Mawashi Geri (same leg)/Ushiro Kekomi	Various	Forward turn and the same back

Demonstration of ALL (or examiners choosing) basic Shotokan Punches, Kicks, Blocks and Strikes against a stationary target.

Demonstrate the use of 5 appropriate strengthening exercises applicable to Karate stating which group of muscles is worked in each case.

Teaching of a specific topic to an allocated grade group – assessed by Chief Instructor(s).

KATA

A choice of the following Kata:

Meikyo, Sochin, Bassai Sho, Tekki Sandan and Chinte

Demonstration of candidates' interpretation of Kata Bunkai

Plus all or any previous Kata of examiners choice.

Demonstration of methods to improve Kata (i.e. as a form, competition & bunkai)

KUMITE

Kihon Ippon Kumite

Sets 1 to 5

Both sides no count

Jiyu Ippon Kumite

Sets 1 to 5

Both sides no count

Okuri Jiyu Ippon Kumite

One defence for Jodan/Chudan/Mae Geri/Kekomi/Mawashi Geri/Ushiro Geri

Both sides no count

Jiyu Kumite

Performed against 3-5 consecutive opponents of similar or higher level – This kumite should be non stop and continue for **10 minutes** in duration.

Self Defence

Demonstrate ability to deal with attacks and/or scenarios of the examiners choosing.

Demonstration of methods to improve Kumite (i.e. Kihon, Jiyu Ippon, Jiyu & Self-Defence)

Oral Examination to test knowledge of associated subjects e.g.

Japanese terminology, Brief Karate History, Practical First Aid, General knowledge & Teaching/coaching

Written element

Submit three months before grading date, an essay of at least 1000 words detailing your thoughts on any aspect of Karate-do.