

Shodan

KIHON		
3 x	Kizami - Zuki, Mae - Geri, Sanbon - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Age - Uke, Age - Zuki, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Soto - Uke, Kizami - Kekomi, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards and backwards
3 x	Uchi - Uke (Kokutsu - Dachi), Mae - Kizami - Geri, Kizami - Zuki, Gyaku-Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Shuto - Uke, Mawashi - Kizami - Geri, Nukite, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Yoko - Geri Keage & Kekomi (same leg), Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Gyaku - Zuki, Mae - Geri, Mawashi - Geri, turn Shuto - Uchi, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	step back Age - Uke, step in Mawashi - Geri, Uraken, Oi - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Kake - Uke, Ushiro - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Kizami - Kekomi, step in Mae - Geri, Jun - Zuki, Gyaku - Zuki	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Kekomi, Ushiro - Geri (to rear)	Stationary kicks, same leg, both sides
3 x	Mae - Geri, Kekomi, Mawashi - Geri	Stationary kicks, same leg, both sides

KUMITE	
Examiners choice of Kihon Ippon sets 1-5 Examiners choice of Jiyu Ippon sets 1-3 Jiyu Ippon Set 4 Demonstration of Kaeshi Ippon Kumite Jiyu Kumite against 2 consecutive Dan grades	
KATA	
Sochin Tokui Kata selected from: Hangetsu, Enpi or Kanku - Dai	
ADDITIONAL	
Oral Examination: to assess students knowledge & character. Including full explanation of Dojo Kun Demonstration of Tameshawari (Breaking Techniques) Knowledge of..... Karate history Kosugi Tiger Belt History Geanology, Karate Terminology/Reference The Ten Elements of Kata Gichin Funakoshi's 20 Karate-Do Precepts Shotokan Timeline Shotokan Kata Video Links Some other Traditional Karate styles	