

Shodan Grading Written Assessment

- Write Karate-Do in Japanese calligraphy.
- Name 5 blocks in English and Japanese.
- Name 5 kicks in English and Japanese.
- Name 5 hand attacks in English and Japanese.
- Name 5 stances in English and Japanese.
- Explain ways to increase power in karate techniques.
- What is the meaning of Karate?
- What is the meaning of Shotokan?
- Summarise the importance of Anko Itosu and Gichin Funakoshi to the history of Karate.
- Name another martial artist who has inspired your training and give reasons why.
- Why is insurance important for both instructors and students?
- What is your favourite of the five Dojo Kun and why?
- What is your favourite of Funakoshi's 20 precepts and why?
- Explain the 'Do' in Karate-Do
- Explain the reason for having different colour belts or ranks
- Why do you want to become a Black Belt in Karate?



Crouching Tiger Shotokan Karate



Shodan Grading Syllabus

Kihon

All Kihon techniques are performed from Jiyu-Dachi.

1. Kizame-Zuki, Suri-Ashi, Gyaku-Zuki x3
Turn – same back
2. Kizame-Zuki, Oi-Zuki x3
Turn – same back
3. Oi-Zuki, Suri-Ashi, Kizame-Zuki x3
Turn – same back
4. Oi-Zuki, Suri-Ashi, Gyaku-Zuki x3
Turn – same back
5. Kizame-Zuki, Oi-Zuki, Suri-Ashi, Gyaku-Zuki x2
Turn – same back
6. Any Zuki Combination
Turn – same back
7. Gyaku-Zuki, Mae-Geri x3
Turn – same back
8. Gyaku-Zuki, Yoko-Geri-Kekomi x3
Turn – same back
9. Ushiro-Geri, Uraken Uchi, Gyaku-Zuki x3
Turn – same back
10. Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri, Ushiro-Geri, Uraken-Uchi, Gyaku-Zuki x1
Turn – same back
11. Any Geri Combination
Turn – same back
12. Stationary Kicking: Mae-Geri, Yoko-Geri, Mawashi-Geri, Ushiro-Geri x3
Both legs

Kata:

Candidate chooses from:

Jion, Kanku-Dai, Empi, Hangetsu,

Examiner chooses from:

Bassai-Dai, Tekki Shodan, Heian Katas 1-5 and Taikyoku Shodan.

Kumite:

Jiyu-Kumite

Format and number of rounds to be decided by the examiner

Demonstration of five self-defence techniques

Demonstration of five Kata applications