

BLACK BELT GRADING SYLLABUS

1st, 2nd and 3rd DAN

Kihons-(basic combinations to the count, in freestyle stance x3 times, turn, and back x3 times.)

1. Sanbontsuki.
2. Uchi uke, kizami tsuki, gyaku tsuki snap.
3. Shuto uke, kizami geri, nukite.
4. Mae geri, oitsuki, gyaku tsuki snap.
5. Yoko geri, uraken, gyaku tsuki snap.
6. Mawashi geri, uraken, gyaku tsuki snap.
7. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki snap.
8. Surikomi, mae geri, oitsuki, gyaku tsuki snap, step back gedan barai, gyaku tsuki snap, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki snap.

KATA-(forms/patterns)

Candidates must perform one Kata from each section.

(1st Dan- A and B are examiners choice)

(2nd Dan-A,B are examiners choice and C is candidate's choice)

(3rd Dan-A, B, C are examiners choice and D is candidate's choice)

SectionA- Kihon, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai Dai, Jion, jitti and empi

SectionB- Kanku Dai , Hangetsu.

Section C – Jiin, Bassai Sho, Tekki Nidan, Nijushiho.

SectionD-Gankaku, Chinte, Kanku Sho, Sochin, Meikyo.

Kumite- jiyu

1 V 1 X 3 times (1 minute each bout). This is against the next highest grades in the class.

Basic stamina/fitness - Push ups -(3 sets of 25) – Crunches - (3 sets of 25)

Essential – Black belts must be available to assist with teaching duties. The junior classes must have at least 2 black belts available to teach. The senior classes must have at least 1 black belt available to teach. Black belts to teach in rotation order. Train-teach-train-teach etc.