



EAGLES KARATE CLUB

Sho Dan Examination Requirements Black Belt

Kihon

From Free style stance

Kamae

1. Kizami zuki (x5 forwards)
2. Oi zuki (x5 forwards)
3. Oi gyaku zuki (x5 forwards)
4. Kizami zuki, Oi Zuki, Gyaku Zuki (x5 forwards)
5. Oi Zuki , Half Step, Kizami Zuki (x5 forwards)
6. Oi Zuki , Half Step, Gyaku Zuki (x5 forwards)
7. Kizami zuki, oi zuki, half step, Mawashi geri (x5 forwards)
8. Shuto Uke, Kizami Mae geri , Tate Empi Uchi (x5 forwards)
9. Tzuki combination (x2forwards)
10. Mae geri, oi zuki, gyaku zuki (x4 forwards)
11. Yoko geri kekomi , uraken, gyaku zuki (x4 forwards)
12. Mawashi geri, gyaku zuki, uraken (x4 forwards)
13. Ushiro geri, uraken, gyaku zuki (x4 forwards)
14. Keri combination (x 2 forwards)

Kata

- One Heian Kata of Examiners choice.
- (Bassai Dai, Jion, Empi , Kanku Dai or Hangetsu) plus Bunkai of each one

Kumite

- Jyu Ippon Kumite (both sides)
- Jyu Kumite