



Shodan test

Prior To Grading

1. Signed request from your Sensei requesting grading, include whether or not they will be attending the grading
2. Confirmation that the TAP 1 is complete
3. A written 6 month plan, 2 year plan, and 5 year plan
4. A written point form of what unique things we do that makes us different from other disciplines.
5. Personal Bio on your previous training, When you started, date of Brown Belt grading, Sensei(s) name(s), Dojo name, and contact information.

Yellow Belt Mandate

A clear understanding of the techniques on test.

No speed.

No power.

Upper/Lower body separation is completely acceptable. 3 Second Pause

Orange Belt Mandate

A clear understanding of the techniques on test.

Reduction of Upper/Lower body separation 2 Second Pause

Speed is not required.

Power is required.

Green Belt Mandate

A clear understanding of the techniques on test.

Reduction of Upper/Lower body separation in single techniques and combinations. 1 second Pause

Speed is required.

Power is required.

Blue Belt Mandate

A clear understanding of the techniques on test.

Speed is required

Power is required

Power is required (Five Power Sources/ Six Linear Movements)

Reduction of upper lower body separation

Brown Belt Mandate

This test is a accumulation of all the previous Tests

I Kihon - Basics - Moving

1. Lunge Punch _____
2. Rising Block _____
3. Outside Forearm Block _____
4. Inside Forearm Block _____
5. Downward Block _____
6. Knife-hand Block _____
7. Front Snap Kick _____
8. Side Snap Kick _____
9. Side Thrust Kick _____
10. Turns _____

Kihon - Advanced - Moving

1. Lunge Punch _____
2. Reverse Punch _____
3. Sanbon Punch _____
4. Downward Block/Rising Block/Reverse Punch _____
5. Outside Block/Jab/Reverse Punch _____
6. Inside Block/Jab/Reverse Punch _____
7. Outside Block(Fr.)/Side Elbow(Hor.)/Backfist _____
8. Knife-Hand Block(Bk.)/Reverse Punch(Fr.) _____
9. Front Snap Kick/Reverse Punch _____
10. Side Snap Kick Reverse Punch _____
11. Round-House Kick / Reverse Punch _____
12. Back Kick _____
14. Side Thrust Kick From Front Stance _____

II Kata - Forms

1. Taikuyoko Shodan _____
2. Taikuyoko Nidan _____
3. Taikuyoko Sandan _____
4. Heian Shodan _____
5. Heian Shodan PK _____
6. Heian Nidan _____
7. HeianNidanPK _____
8. HeianSandan _____
9. Heian Shodan Jiyu _____
10. Heian Sandan PK _____
11. Heian Yodan _____
12. Heian Nidan Jiyu _____
13. Heian Godan _____
14. Bassai Dai _____
15. Tekki Shodan _____
16. Tekki Shodan PK _____

Waza

1. Open Hand Waza _____
2. Stance Waza _____
3. Blocking Waza _____
4. Elbow Waza _____
5. Kicking Waza _____

III Gohan Kumite - 5 Step Fighting - Timing

1. Jodan: Block _____ Punches _____
2. Chudan: Block _____ Punches _____

Sanbon Kumite - 3 Step Fighting - Timing / Distancing

1. Jodan: _____ + _____
2. Chudan: _____ + _____
3. Gedan: _____ + _____

Ippon Kumite - 1 Step Fighting - Timing / Distancing / Control Must be Taken from Kata

1. Jodan: _____ + _____
2. Chudan: _____ + _____
3. Gedan: _____ + _____

(Shiai) Kumite – Fighting or Tournament

1. Technique _____
2. Timing _____
3. Distance _____
4. Spirit _____

V Dashi - Stances

1. Ready _____
2. Front _____
3. Back _____
4. Horse _____
5. Hour Glass _____
6. Hook Stance _____
7. Eight Step _____
8. Eight Step PK _____
9. Ten Step (linear movements) _____

Candidate: _____

Examiner: _____

Examiner: _____

Examiner: _____

Date: _____