



1st Dan (Shodan) Syllabus

Kihon (Basic Techniques)

From Zenkutsu-dachi Gedan-kamae

1. Long step forward Sanbon-zuki (step forward)
2. Long step backward Jodan Age-uke, Front leg Mae-geri, Gyaku-zuki (step back)
3. Chudan Soto-uke, Kiba-dachi Enpi, Zenkutsu-dachi Ura-ken, Gyaku-zuki (step forward)
4. Kokutsu-dachi Shuto-uke, Nekoashi-dachi Gedan Barai, Front leg Mae-geri, Gyaku-zuki (step back)
5. Mae-geri Oi-zuki, Mawashi-geri Gyaku-zuki, Ushiro-geri Gyaku-zuki, Ura Mawashi-geri Gyaku-zuki (both sides)
6. From Zenkutsu-dachi, Jiyu-na-kamae, same leg Yoko Ke-age, Yoko Ke-komi, Gyaku-zuki (step forward)
Mawatte (turn around), from Jiyu-na-kamae (both sides are acceptable, choose either left or right side)
7. Yose ashi (move the back leg half step) Kizami-zuki, Gyaku-zuki (step forward)
8. Move with front leg forward, Gyaku-zuki, change side Gyaku-zuki (step forward)
9. Move with front leg forward, Mae-geri, Oi-zuki, Gyaku-zuki (step forward)

Kata

Tokui Kata: Candidates choice of Bassai Dai, Kanku Dai, Enpi or Jion

Shitei Kata: Examiners choice of Heian 1-5, Tekki Shodan, Junro 1-5

Kumite

Jiyu Ippon Kumite
(Jodan, Chudan, Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri)

Jiyu Kumite

Minimum Requirements

6 months & 48 lessons. Plus 1 JKS England Brown & Black Belt Course.

The Examiners

Examiners test for a basic understanding and functional ability in the foundational techniques of karate.

Kaizen No-Michi School of Shotokan Karate

Grimsby H.Q Dojo: Ormiston Maritime Academy, Westward Ho, Grimsby, DN34 5AH

Cleethorpes Dojo: Cleethorpes Leisure Centre, Parkway, Cleethorpes, DN35 0BY