

Shawn Danaher's
CAMARILLO SHOTOKAN KARATE-DO



1ST Kyu – Brown/Black Belt Requirements

(Test with Japanese Terminology)

KIHON (Basics)

Hand Techniques – Moving forward & backward

Step back w/ right leg, GEDAN BARAI (Resetting back to kamae after each set)

5 sets NO count from kamae:

- A) Shift in GYAKU-ZUKI JODAN & Step in GYAKU-ZUKI CHUDAN
- B) Step back JODAN NAGASHI UKE, URAKEN JODAN & GYAKU-ZUKI CHUDAN
- C) Shift in KIZAMI JODAN, GYAKU-ZUKI JODAN & Step in GYAKU-ZUKI CHUDAN
- D) Step back CHUDAN NAGASHI UKE, URAKEN JODAN & GYAKU-ZUKI CHUDAN
- E) Step forward SHUTO UKE (KOKUTSU), NIDAN MAE GERI & NUKITE CHUDAN (ZENKUTSU)
- F) Step backward GEDAN KAKE UKE, URAKEN JODAN & GYAKU-ZUKI CHUDAN

Kick/Punch Combination Techniques

Step back w/ your right leg, GEDAN BARAI into Zenkutsu Dachi

3 sets changing legs NO count from kamae:

- A) KIZAMI MAE GERI KEAGE GEDAN, MAE GERI KEKOMI CHUDAN, MAE GERI KEAGE JODAN
- B) MAE GERI KEAGE CHUDAN, MAE GERI KEKOMI JODAN, GYAKU-ZUKI CHUDAN
- C) MAE NIDAN TOBI GERI, KIZAMI JODAN, GYAKU-ZUKI CHUDAN
- D) MAE GERI KEAGE CHUDAN, MAWASHI GERI JODAN, GYAKU-ZUKI CHUDAN
- E) YOKO GERI KEAGE CHUDAN, YOKO GERI KEKOMI CHUDAN, GYAKU-ZUKI CHUDAN
- F) MIKAZUKI GERI CHUDAN, USHIRO GERI CHUDAN, URAKEN JODAN, GYAKU-ZUKI CHUDAN

Controlled Punching – move around free style – using kizami, oi-zuki, gyaku-zuki, uraken

****demonstrating proper distance, hip action and variety of technique***

Controlled Kicking – move around free style – using mae geri, yoko geri, mawashi geri, ushiro geri

****demonstrating proper distance & hip action***

KATA (Forms)

- A) **Heian Shodan to Godan** (at Random with Bunkai)
- B) **Tekki Nidan** (Review with Bunkai), **Tekki Sandan** “Iron Horse #3”
- C) **Advanced Kata** (Choice)

KUMITE (Sparring)

Jyu Ippon Kumite – RIGHT or LEFT side attack

- A) OI-ZUKI JODAN
- B) OI-ZUKI CHUDAN
- C) MAE GERI CHUDAN
- D) YOKO GERI CHUDAN
- E) MAWASHI GERI CHUDAN OR JODAN
- F) USHIRO GERI CHUDAN