



FUNAKOSHI'S SHOTOKAN KARATE ASSOCIATION

Shodan Examination Requirements

Black Belt

Kihon:

Kamae

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| 1. Kizami zuki | 6x fwd & back |
| 2. Uraken | 6x fwd & back |
| 3. Gyaku zuki | 6x fwd & back |
| 4. Oi-zuki | 4x fwd & back |
| 5. Oi-gyaku zuki | 4x fwd & back |
| 6. Kizami zuki, oi zuki | 3x fwd & back |
| 7. Kizami zuki, half-step, gyaku zuki | 3x fwd & back |
| 8. Oi zuki, half-step, kizami zuki | 3x fwd & back |
| 9. Oi zuki, half-step, uraken | 3x fwd & back |
| 10. Oi zuki, half-step, gyaku zuki | 3x fwd & back |
| 11. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 12. Gyaku zuki, step forward, uraken | 3x fwd & back |
| 13. Kizami zuki, oi zuki, half-step, gyaku zuki | 2x fwd & back |
| 14. Any tsuki combination | 1x fwd & back |
| 15. Mae geri, oi zuki | 6x fwd & back |
| 16. Gyaku zuki, mae geri | 6x fwd & back |
| 17. Gyaku zuki, mawashi geri | 6x fwd & back |
| 18. Gyaku zuki, yoko geri | 6x fwd & back |
| 19. Ushiro geri, gyaku zuki | 6x fwd & back |
| 20. Mae geri, oi zuki, half-step, gyaku zuki | 2x fwd & back |
| 21. Any geri combination | 1x fwd & back |

Stationary kick

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| 22. Mae geri, yoko geri, mawashi geri, ushiro geri | 5 sets each leg |
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Focus pencil

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| 23. Gyaku zuki | |
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Kata:

Bassai-Dai, Jion, Kanku-Dai, Hangetsu, Enpi, Tekki-Nidan
(All katas for pre-shodan 5 plus the applications of the katas)

Kumite:

Jyu kumite (tournament style)