

SHOTOKAN KARATE – ASSESSMENT - SHODAN

All basic techniques are performed in either formal or free fighting stance

Techniques	Stance	Other information
		All combinations are a minimum of 5 times
Kizami-Zuki / Mae-Geri/ Sanbon-Zuki	Zenkutsu-Dachi	Stepping forward, turn, same back
Age-Uke / Mae-Geri / Gyaku-Zuki / Gedan-Barai	Zenkutsu-Dachi	Stepping forwards and backwards
Soto-Ude-Uke / Yoko-Empi-Uchi / Jodan-Urachen-Uchi / Chudan-Gyaku-Zuki / Gedan-Barai	Zenkutsu-Dachi Kiba-Dachi Kiba-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	Stepping forwards and backwards
Uchi-Ude-Uke / Kizami-Zuki / Chudan-Gyaku-Zuki / Gedan-Barai	Kokutsu-Dachi Zenkutsu-Dachi	Stepping forwards and backwards
Shuto-Uke / Mae-Ashi Mae-Geri / Shihon-Nukite	Kokutsu-Dachi	Stepping forwards and backwards
Mae-Geri / Mawashi-Geri / Jodan-Urachen-Uchi / Chudan-Gyaku-Zuki / Gedan-Barai	Zenkutsu-Dachi	Stepping forward, turn, same back
Mae-Geri / Yoko-Geri-Kekomi / Jodan-Shuto-Uchi / Chudan-Gyaku-Zuki / Gedan-Barai	Zenkutsu-Dachi	Stepping forward, turn, same back
Yoko-Geri-Keage / Chudan-Gyaku-Zuki / Gedan-Barai	Kiba-Dachi Zenkutsu-Dachi Kiba-Dachi	Stepping forward, turn, same back
Chudan-Gyaku-Zuki / Mae-Geri / Mawashi –Geri / Shuto – Uchi / Gyaku-Zuki	Zenkutsu-Dachi	Stepping forward, turn, same back
Step back Age-Uke / step forward Mawashi-Geri / Jodan-Urachen-Uchi / Chudan-Oi-Zuki	Zenkutsu-Dachi	Stepping forward, turn, same back
Mawashi – Geri / Ushiro –Geri / Jodan-Urachen-Uchi / Chudan-Gyaku-Zuki	Zenkutsu-Dachi	Stepping forward, turn, same back
Yoko-Geri-Kekomi / Mae – Geri / Oi-Zuki / Gyaku Zuki	Zenkutsu-Dachi	Stepping forward, turn, same back
Yoko-Geri-Keage / Yoko-Geri-Kekomi with the same leg	Kiba-Dachi	Stepping forward, turn, same back
Mae-Geri / Yoko-Geri-Kekomi/Ushiro-Geri	Face the front in Zenkutsu-Dachi. Repeat on opposite side.	3 consecutive kicks with the same leg.
Any other techniques specified by the examiner including bag work		
KATA	Jion, Kankudai, Hangetsu and previous kata.	
BUNKAI	Bunkai for kata specified by the examiner	
KUMITE	<ul style="list-style-type: none"> • Ippon Kumite Sets 1 –5 (Weenan or Sahota) • Jiyu-Ippon-Kumite Sets 1 – 5 (Weenan or Sahota) • Jiyu-Kumite (min 6 minutes) 	
KNOWLEDGE AND UNDERSTANDING	<ul style="list-style-type: none"> • An approved 1500 word essay entitled “The history and development of Shotokan karate and my development through karate • Oral examination to assess the student’s character, thinking and maturity 	