Shodan Examination Requirements
Black Belt

Kihon

Free style stance	1. *Kizami zuki*	6x fwd & back
Kamae	2. *Uraken uchi*	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*	4x fwd & back
	7. *Kizami zuki, gyaku zuki*	4x fwd & back
	8. *Oi zuki, half step, kizami zuki*	2x fwd & back
	9. *Oi zuki, half step, uraken uchi*	2x fwd & back
	10. *Oi zuki, half step, gyaku zuki*	2x fwd & back
	11. *Gyaku zuki, step forward, gyaku zuki*	4x fwd & back
	12. *Gyaku zuki, step forward, uraken uchi*	4x fwd & back
	13. *Kizami zuki, oi zuki, half step, gyaku zuki*	2x fwd & back
	14. *Tsuki combination*	1x fwd & back
	15. *Mae geri keage, oi zuki*	6x fwd & back
	16. *Gyaku zuki, mae geri keage*	6x fwd & back
	17. *Gyaku zuki, mawashi geri*	6x fwd & back
	18. *Gyaku zuki, yoko geri kekomi*	6x fwd & back
	19. *Ushiro geri, gyaku zuki*	6x fwd & back
	20. *Mae geri keage, oi zuki, half step, gyaku zuki*	2x fwd & back
	21. *Keri combination*	1x fwd & back
Stationary kick	22. *Mae geri keage, yoko geri keage, mawashi geri, ushiro geri*	5 sets, each leg
Focus Pencil	23. *Gyaku zuki*	

Kata

Pre-Shodan 1: Bassai Dai, Jion, Kanku Dai, Hangetsu
Pre-Shodan 2: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi
Pre-Shodan 3: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan
Shodan: All katas for pre-shodan 3 plus the application of the katas

Kumite

Competitive: *Jyu kumite (*tournament style*) Shobu Ippon*
Non-competitive: *Jyu ippon kumite*