

SHODAN (1ST Dan)

5 years of consistent training – minimum of one year after at the Rank of 1st Kyu
GENERAL KNOWLEDGE

*Strong knowledge of all techniques and commands in Japanese

*Teaching Skills

*Written Test: The knowledge of the Kyokushin Tournament Rules and Judges terminology

*Practical Test: The knowledge of the Kyokushin Tournament Rules and Judges

*Resume and Report: The applicant shall submit with the application, a 1000 word typed report detailing their past history, present training, future plans, and the effect Karate has had in their life.

*Tournament Participation since beginning of Kyokushin Karate

GENERAL REQUIRMENTS

*The applicant shall have a thorough knowledge of the history of Karate-Do, Kyokushin Karate and Sosai Masutatsu Oyama.

*The applicant shall have at least one year of teaching.

*The applicant will have attended all current years special training and the applicant will have-assisted in the *Organization and running of any Dojo events.

*The applicant shall be an example of Budo both in training and every day activities.

FITNESS

Knuckle push-ups 60

Knuckle and palm push-ups 30

Wrist 20

Squat 250

Bo-Tobi (Jumping forward and backward over one meter rod held in both hands) 20 times

UKE-WAZA (Blocks) all promotion requirements for 3rd Kyu – 1st Kyu must be met.

TZUKI & UCHI WAZA (Thrust s & Strikes) all promotion requirements for 3rd Kyu – 1st Kyu must be met.

KERI WAZA (Kicks) all promotion requirements for 3rd Kyu – 1st Kyu must be met.

IDO GEIKO (Moving Basics) all promotion requirements for 3rd Kyu – 1st Kyu must be met.

RENRAKU: all promotion requirements for 3rd Kyu – 1st Kyu must be met.

KATA

Saifa / Seienchin

GOSHIN JITSU (self-defence)

Effective and spontaneous defence for unnamed and armed attacks

TAMASHIWARI

Seiken 4 Boards

Shuto 4 Boards

2 Boards with Mae Geri, Mawashi Geri, Yoko Geri

KUMITE: 10-15 Rounds at 1.5 minutes each (or equivalent)

Approved candidates shall submit an application and testing fee, two passport photos and amount of _____ for the Shodan Certificate and Obi which will be order from Kyokushin Budo Karate Shakai Honbu, United Kingdom.