

# Shodan | Black Belt

## General Requirements

Minimum training time since 1<sup>st</sup> kyu grading: **100 hours**

### Objectives:

This grade is the beginning of learning in Kyokushin Karate; all previous grades are prerequisites leading up to this moment. While black belt is the culmination of many days of hard training, it is also a beginning and the start of a path to deeper meaning, introspection, and self-awareness. Spirit combined with technique is centrally important, as the will to persevere will set the tone for training for many years.

At this level and higher, you must demonstrate a robust commitment to Kyokushin training and the dojo community. Leadership and service to others is an expectation.

In addition to an established history of growth and sustained improvement throughout prior kyu ranks:

### Exercises | Undou

- Shoulder Presses to Failure (20 lb. weights)
- Jumping Jacks | 50 Each
  - Regular
  - Nordic Track
  - Cross Over
  - Elbow Strike Combination
  - Jump Punches
  - Power Jacks
- Push Ups | 5 Sets of 50
  - Regular
  - Military Clap
  - Kanku
  - Fingertips
  - Instructor Choice
  - Cross Combination
  - Handstand
- Sit Ups | 5 Sets of 50
- Flutter Kicks | 100+
- Leg Lifts with Partner Push Downs | 50
- Side-to-Side Jumps over a Person on Knees or Stomach | 50

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- Wheelbarrow Partner Walk
  - Hands
  - Knuckles
  - Elbow
  - Fingertip (Under age 35)
  - Koken (Under age 35)
- Seal Lifts | 50
- Squats | 5 Sets of 50
  - 10 with partner on shoulders

### Punches and Strikes | Tsuki, Uchi

50 Repetitions Each

- Low Punch | Gedan Tsuki
- Middle Punch | Chudan Tsuki
- Upper Punch | Jodan Tsuki
- Three Punch Combos | Sanbon Tsuki

### Blocks | Uke

50 Repetitions Each

- Low Block | Gedan Barai
  - Cross Down Block | Juji Uke
  - Front Down Block | Mae Uke
  - Circular Down Block | Mawashi Uke
- Upper Block | Jodan Uke
- Middle Inside Block | Chudan Uchi Uke
- Middle Outside Block | Chudan Soto Uke

### Kicks | Keri

50 Repetitions Each

- Knee Kick | Hiza Geri
- Groin Kick | Kin Geri
- Front Kick | Mae Geri
- Front Stretch Kick | Mae Keage
- Inside Round Kick | Uchi Mawashi Geri
- Outside Round Kick | Soto Mawashi Geri
- Back Kick | Ushiro Geri
- Side Stretch Kick | Yoko Keage

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- Joint Kick | Kansetsu Geri
- Side Kick | Yoko Geri | Jodan, Chudan
- Spinning Back Kick | Ushiro Geri Kekomi
- Spinning Heel Kick | Ushiro Mawashi Geri
- Axe Kick | Kakato Otoshi Geri
- Jumping Front Kick | Mae Tobi Geri

## In Kiba Dachi Stance

50 Repetitions Each

- Count: Figure 8 Movements with Punches, Blocks, and Kicks
- Uraken Ganmen Uchi; Uraken Yoko Ganmen Uchi; Uraken Hizo Ganmen Uchi
- Koken
- Tetsui
- Hiji
- Shuto/Shote

## Combinations | Ido Geiko

- Incorporate stances, increasing in difficulty and skill, of three-part combinations to a three count.
- Six to eight count combinations as determined by instructor.

## Forms | Kata

Explain concept, demonstrate application, and describe history

### Taikyoku

- Grand Ultimate Form 1 | Taikyoku Ichi
- Grand Ultimate Form 2 | Taikyoku Ni
- Grand Ultimate Form 3 | Taikyoku San
- Grand Ultimate Form 1, Circular | Taikyoku Ichi Ura
- Grand Ultimate Form 2, Circular | Taikyoku Ni Ura
- Grand Ultimate Form 3, Circular | Taikyoku San Ura
- Grand Ultimate 1, Straight | Taikyoku Ichi Tate
- Grand Ultimate 2, Straight | Taikyoku Ni Tate
- Grand Ultimate 3, Straight | Taikyoku San Tate

### Sokugi

- Kicking Grand Ultimate Form 1 | Sokugi Taikyoku Ichi
- Kicking Grand Ultimate Form 2 | Sokugi Taikyoku Ni

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- Kicking Grand Ultimate Form 3 | Sokugi Taikyoku San
- Kicking Grand Ultimate Form 4 | Sokugi Taikyoku Yon
- Kicking Grand Ultimate Form 1, Circular | Sokugi Taikyoku Ichi Ura
- Kicking Grand Ultimate Form 2, Circular | Sokugi Taikyoku Ni Ura
- Kicking Grand Ultimate Form 3, Circular | Sokugi Taikyoku San Ura
- Kicking Grand Ultimate Form 4, Circular | Sokugi Taikyoku Yon Ura
- Kicking Grand Ultimate Form 1, Straight | Sokugi Taikyoku Ichi Tate
- Kicking Grand Ultimate Form 2, Straight | Sokugi Taikyoku Ni Tate
- Kicking Grand Ultimate Form 3, Straight | Sokugi Taikyoku San Tate
- Kicking Grand Ultimate Form 4, Straight | Sokugi Taikyoku Yon Tate

### Pinan

- Safe from Harm 1 | Pinan Ichi
- Safe from Harm 2 | Pinan Ni
- Safe from Harm 3 | Pinan San
- Safe from Harm 4 | Pinan Yon
- Safe from Harm 5 | Pinan Go
- Safe from Harm 1, Circular | Pinan Ichi Ura
- Safe from Harm 2, Circular | Pinan Ni Ura
- Safe from Harm 3, Circular | Pinan San Ura
- Safe from Harm 4, Circular | Pinan Yon Ura
- Safe from Harm 5, Circular | Pinan Go Ura
- Safe from Harm 1, Straight | Pinan Ichi Tate
- Safe from Harm 2, Straight | Pinan Ni Tate
- Safe from Harm 3, Straight | Pinan San Tate
- Safe from Harm 4, Straight | Pinan Yon Tate
- Safe from Harm 5, Straight | Pinan Go Tate

### Advanced

- Keep Pure, Three Directions Form | Yantsu
- Major Conquer and Occupy Form | Gekisai Dai
- Three Battles Form | Sanchin
- Fortune and Luck, Punching Form | Tsuki No Kata
- Minor Conquer and Occupy Form | Gekisai Sho
- Extreme Destruction Form | Saiha
- Rotating Palms Form | Tensho
- 3 Battles/Rotating Palms Form | Sanchin-Tensho
- 4 Way Rotating Palms Form | Entensho
- Mekakushi No Kata (Instructor Choice)

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## Expert, at Instructor Discretion

- Suppress the Return Form | Seienchin
- Eighteen Hands Form | Saipai (Shodan)
- Reclining Dragon Form | Garyu (Nidan/Sandan)
- Sky Gazing Form | Kanku (Nidan/Sandan)
- 54 Steps Form | Sushiho (Yondan)

## Weapons | Kobuto

### Nunchaku

- Joined two stick Form 1 | Nunchaku Ichi
- Joined two stick Form 2 | Nunchaku Ni
- Joined two stick Form 3 | Nunchaku San
- Joined two stick Form 4 | Nunchaku Yon

### Escrima

- 3-Way
- Rodondo
- 6-Way
- 12-Point Strikes

### Bo

- Staff Form 1 | Bo Ichi
- Staff Form 2 | Chion Bo
- Staff Form 3 | Tokamine No Kun Bo

### Tonfa

- Melee Form 1 | Tonfa Ichi
- Melee Form 2 | Tonfa Ni
- Melee Form 3 | Tonfa San

### Sai

- 3-Point Melee Form 1 | Sai Ichi

### Iaido

- Sword Form 1 | Ippon Me Mae
- Sword Form 2 | Nihon Me Ushiro

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## Self Defense | Goshin Jutsu

All prior techniques with speed, power, and control.

Ability to adapt to changing circumstances with awareness, flow, and intention.

Ability to adjust defensive tactics to circumstances.

- Wrist Grabs | 5 Basic, 4 Advanced
- Double Rear Wrist Grab
- Chokes
  - Front
  - Rear
  - Side
- Bear Hugs
  - Front High
  - Front Low
  - Front Underarm
  - Rear High Underarm
  - Rear Low Underarm
  - Side
  - Running
- Roundhouse Punch
  - Single
  - Double
- Chicken Wing
- Full Nelsen
- Half Nelsen
- Hair Grabs
  - Front
  - Rear
- Shoulder Grabs
- Lapel Grabs
- Tough Guy Grab
- Mugger Hold
- Front Push
- Side Grab
- Headlock

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## Throws | Nage

- 8 Points of Balance | Kuzushi
- Forward Foot Sweep | De Ashi Barai
- Large Hip Throw | O Goshi
- Side Sacrifice Throw | Uki Waza
- One Arm Shoulder Throw | Ippon Seoi Nage
- Back Carry Throw | Morote Seoi Nage
- Large Outer Reaping Throw | Osoto Gari
- Circle Throw | Tomoe Nage
- Sweeping Hip Throw | Harai Goshi
- Floating Hip Throw | Uki Goshi
- Inner Reaping Throw | Uchi Gari/Mata
- Body Drop Throw | Tai Otoshi
- Scroll Throw | Soto Makikomi
- Shoulder Wheel Throw | Kata Garuma

## Fighting | Kumite

- 16+ Bare Fist Fights

## Terminology

- Demonstrated competency and usage of Japanese terms.

## Other Requirements

- Student must be able to execute all required techniques to a standard of excellence.
- Techniques must be executed with speed, power, and precision.
- Student must also be able to quickly learn and apply techniques in new ways.
- Student must be able to explain Kyokushin history and culture.

## Code of Conduct

“When you all came to be uchi deshi, I am sure your hearts were full of big hopes and dreams. But always remember, karate is about the battle within, the battle against your own self. It is not about a battle against someone else. Of course we train to be strong, but to this end, what is most important is to overcome yourself.”

- **Mas Oyama** quote from *The Budo Karate of Mas Oyama* by Shihan Cameron Quinn.

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### Journal

At a minimum, reflect on:

1. What has gone well
2. What has not gone well
3. What you need to do to improve

