

Shodan | Black Belt

Requirements

Minimum training time since 1st kyu grading: **100 hours**

Primary Objectives: 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.

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

Shoulder Presses to Failure (20 lb. weights)

300 Jumping Jacks

- 50 Regular
- 50 Nordic Track
- 50 Cross Over
- 50 Elbow Strike Combination
- 50 Jump Punches
- 50 Power Jacks

150+ Push Ups

- 50 Regular
- 20 Military Clap
- 20 Kanku
- 20 Fingertips
- 20 Instructor Choice
- 10 Cross Combination
- 10 Handstand

100 Sit Ups

100+ Flutter Kicks

50 Leg Lifts with Partner Push Downs

50 Side-to-Side Jumps over a Person on Knees or Stomach

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Wheelbarrow Partner Walk

- Hands
- Knuckles
- Elbow
- Fingertip (Under age 35)
- Koken (Under age 35)

50 Jump Spin High Roundhouse Kicks with Speed and Power

50 Seal Lifts

50 Squats

- 10 with partner on shoulders

2 Jumping Side Kicks over Belt at Waist Height

Kihon

Punches

- 50 Gedan Tsuki (low punch)
- 50 Chudan Tsuki (middle punch)
- 50 Jodan Tsuki (upper punch)
- 50 Sanbon Tsuki (three punch combination)

Blocks

- 50 Gedan (low block)
 - Juji Uke (cross down block)
 - Mae Uke (front down block)
 - Mawashi Uke (circular down block)
- 50 Jodan Uke (upper block)
- 50 Chudan Uchi Uke (middle inside block)
- 50 Chudan Soto Uke (middle outside block)

Kicks

- 50 Hiza Geri (knee kick)
- 50 Kin Geri (groin kick)
- 50 Mae Geri (front kick)
- 50 Mae Keage (front stretch kick)

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- 50 Uchi Mawashi Geri (inside round kick)
- 50 Soto Mawashi Geri (outside round kick)
- 50 Ushiro Geri (back kick)
- 50 Yoko Keage (side stretch kick)
- 50 Kansetsu Geri (joint kick)
- 50 Yoko Geri (side kick) | Jodan, Chudan
- 50 Ushiro Geri Kekomi (spin back kick)
- 50 Ushiro Mawashi Geri (spin heel kick)
- 50 Kakato Otoshi Geri (axe kick)
- 50 Mae Tobi Geri (jumping kick)

Kiba Dachi Stance

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

Renraku

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

Kata

Explain concept, demonstrate application, and describe history

Taikyoku

- Taikyoku Ichi
- Taikyoku Ni
- Taikyoku San
- TaikyoKu Ichi Ura
- TaikyoKu Ni Ura
- TaikyoKu San Ura
- Taikyoku Ichi Tate

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Taikyoku Ni Tate

Taikyoku San Ura

Sokugi

Taikyoku Sokugi Ich

Taikyoku Sokugi Ni

Taikyoku Sokugi San

Taikyoku Sokugi Yon

Taikyoku Sokugi Ich Ura

Taikyoku Sokugi Ni Ura

Taikyoku Sokugi San Ura

Taikyoku Sokugi Yon Ura

Taikyoku Sokugi Ich Tate

Taikyoku Sokugi Ni Tate

Taikyoku Sokugi San Tate

Taikyoku Sokugi Yon Tate

Pinan

Pinan Ich

Pinan Ni

Pinan San

Pinan Yon

Pinan Go

Pinan Ich Ura

Pinan Ni Ura

Pinan San Ura

Pinan Yon Ura

Pinan Go Ura

Pinan Ich Tate

Pinan Ni Tate

Pinan San Tate

Pinan Yon Tate

Pinan Go Tate

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Advanced

Yantsu
Gekisai Dai
Sanchin
Tsuki No Kata
Gekisai Sho
Saiha
Tensho
Sanchin-Tensho
Seienchin
Mekakushi No Kata (Instructor Choice)

Expert

Saipai (Shodan)
Garyu (Nidan/Sandan)
Kanku (Nidan/Sandan)
Sushiho (Yondan)

Weapons

Nunchaku

- Ichi
- Ni
- San
- Yon

Escrima

- Three-Way
- Rodondo
- Six-Way
- Twelve Strike Points

Bo

- Bo Ichi
- Chion Bo
- Tokamine No Kun Bo

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Tonfa

- Ichi
- Ni
- San

Sai

- Ichi

Iaido

- Basic Techniques
- Draw
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Self Defense

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 (9) | Basic, 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

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- 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

Throws

- Kuzushi 8 Points of Balance
- De Ashi Barai (forward foot sweep)
- O Goshi (large hip throw)
- Uki Waza (side sacrifice throw)
- Ippon Seoi Nage (one arm shoulder throw)
- Morote Seoi Nage (back carry throw)
- Osoto Gari (large outer reaping throw)
- Tomoe Nage (circle throw)
- Harai Goshi (sweeping hip throw)
- Uki Goshi (floating hip throw)
- Uchi Gari/Mata (inner reaping throw)
- Tai Otoshi (body drop throw)
- Soto Makikomi (scroll throw)
- Kata Garuma (shoulder wheel throw)

Kumite

16+ Bare Fist Fights

