

Shodan (1st Dan) – Black Belt

1. **KAMAE**
2. **BUKI WAZA (Ippon)**
Bokken Kihon Dosa Renzoku
Happo Giri
3. **HIRIKI NO YOSEI ICHI TO NI SOTAE DOSA**
4. **KIHON DOSA TO KANREN WAZA**
5. **SHITE WAZA (Yonhon)**
6. **SHITE JIYU WAZA (Nihon)**
Katatemochi Ryotemochi
Shomenuchi Yokomenuchi
Shomen Tsuki

Required Techniques

Both ICHI **and** NI variants are practiced for all techniques unless otherwise specified. Techniques that were not on a previous test are italicized.

Shihonage Waza

Katate mochi
Ryote mochi
Yokomenuchi

All direction pin

One wrist grasp
Both wrists grasp
Side strike

Ikkajo Waza

Shomenuchi
Kata mochi
Katate mochi

First control

Front strike
Shoulder grasp
One wrist grasp

Nikajo Waza

Katate mochi
Kata mochi
Shomenuchi

Second control

One wrist grasp
Shoulder grasp
Front strike

Sankajo Waza

Shomenuchi
Yokomenuchi

Yonkajo Waza

Shomenuchi
Katate mochi

Sokomen iriminage Waza

Katate mochi
Shomen uchi

Shomen iriminage Waza

Shomenuchi
Katate mochi

Kotegaeshi Waza

Shomenuchi
Shomen tsuki

Hiji shime Waza

Mune mochi

Tenchinage Waza

Ryote mochi

Hijiate Kokyunage Waza

Katate mochi
Shomenuchi

Kokyu-ho Waza

Suwari waza ryote mochi

Third control

Front strike
Side strike

Fourth control

Front strike
Side strike

Side step in throw

One wrist grasp
Front strike

Front step in throw

Front strike
One wrist grasp

Reverse hand throw

Front strike
Front punch

Elbow Lock

Chest grasp

Heaven and earth throw

Both wrists grasp

Elbow breath throw

One wrist grasp
Front strike

Breath method

Both sitting both wrists grasp