



CTK BLACK BELT FIRST DAN

Shodan Grading Written Assessment

1. Write Karate-Do in Japanese calligraphy.
2. Name 5 blocks in English and Japanese.
3. Name 5 kicks in English and Japanese.
4. Name 5 hand attacks in English and Japanese.
5. Name 5 stances in English and Japanese.
6. Explain ways to increase power in karate techniques.
 7. What is the meaning of Karate?
 8. What is the meaning of Shotokan?
9. Summarise the importance of Anko Itosu and Gichin Funakoshi to the history of Karate.
10. Name another martial artist who has inspired your training and give reasons why.
11. Why is insurance important for both instructors and students?
 12. What is your favourite of the five Dojo Kun and why?
 13. What is your favourite of Funakoshi's 20 precepts and why?
 14. Explain the 'Do' in Karate-Do
15. Explain the reason for having different colour belts or ranks
 16. Why do you want to become a Black Belt in Karate?

Shodan Grading Syllabus

Kihon: (Basic Techniques)

All Kihon techniques are performed from Jiyu-Dachi.

1. Kizame-Zuki, Suri-Ashi, Gyaku-Zuki x3

Turn – same back

2. Kizame-Zuki, Oi-Zuki x3

Turn – same back

3. Oi-Zuki, Suri-Ashi, Kizame-Zuki x3

Turn – same back

4. Oi-Zuki, Suri-Ashi, Gyaku-Zuki x3

Turn – same back

5. Kizame-Zuki, Oi-Zuki, Suri-Ashi, Gyaku-Zuki x2

Turn – same back

6. Any Zuki Combination

Turn – same back

7. Gyaku-Zuki, Mae-Geri x3

Turn – same back

8. Gyaku-Zuki, Yoko-Geri-Kekomi x3

Turn – same back

9. Ushiro-Geri, Uraken Uchi, Gyaku-Zuki x3

Turn – same back

10. Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri,

Ushiro-Geri, Uraken-Uchi, Gyaku-Zuki x1

Turn – same back

11. Any Geri Combination

Turn – same back

12. Stationary Kicking: Mae-Geri, Yoko-Geri,

Mawashi-Geri, Ushiro-Geri x3

Both legs

Kata:

Candidate chooses from:

Jion, Kanku-Dai, Enpi, Hangetsu,

Examiner chooses from:

**Bassai-Dai, Tekki Shodan, Heian Katas 1-5
and Taikyoku Shodan.**

Kumite:

**Jiyu-Kumite. Format and number of rounds
to be decided by the examiner.**

Demonstration of five self-defence techniques

Demonstration of five Kata applications

This is where the

**Crouching Tiger Shodan Syllabus ends
and our Nidan Syllabus begins.**