

SAMURAI KARATE GRADING SYLLABUS

SHODAN-HO (Provisional Black belt)



SHODAN (Black belt)



At Black belt level, students can expect to be tested on any of the previous basics, Kata and Kumite drills covered in the whole Samurai Syllabus. Please note that the technical requirements for a child and an adult are the same, however children are not expected to be as strong as an adult and this is taken into account.

PART 1 – BASICS YOI

- Not normally asked for (Grading Officer's discretion)

PART 2 – BASICS KAMAE

- Any previous (Grading Officer's discretion) plus...
- Rokubon-Zuki basic drill in line out and with a partner
- Three step partner drill, attack and defence (not on Grading Syllabus DVDs)

PART 3 – KICKS

- All previous

PART 4 – COMBINATIONS

- Any of the previous combinations (Grading Officer's discretion) plus...
- 9a / 9b / 9c / 9d
- 10a / 10b / 10c / 10d

Please see separate combinations page

PART 5 – KATA

- Five Pinan Kata + One Brown Belt Kata plus...

Shodan-Ho	-	Basai Dai (Izato) + Jion
Shodan	-	Kosokan Dai + Seienchin

PART 6 – IMPACT PAD WORK

- Grading Officer's discretion

Part 7 – SPARRING

Full sparring, hands and feet - Minimum of Five rounds (at Grading Officer's discretion)