



Missouri Karate Association

## Testing Requirements 1<sup>st</sup> Dan

### Brown Belt testing to obtain 1<sup>st</sup> Dan Black Belt

#### I. Kata:

1. Select one of the basic Katas except for Heian Shodan through Heian Godan & Tekki Shodan  
\* Basic Katas: Heian Shodan - Heian Godan - Tekki Shodan - Tekki Sandan - Bassai Dai - Jion - Enpi - Kanku Dai - Hangetsu - Jitte – Gankaku
2. Demonstrate Kata randomly selected by examiner from Heian Shodan –Heian Godan, & Tekki Shodan

#### II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Zenkutso-dachi** - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: **Zenkutso-dachi** - Jodan Ageuke, Chudan Kizame Maegeri, Gyakzuki
3. Stepping Forward: **Zenkutso-dachi** - Chudan Soto Udeuke, **Kiba-dachi** - Enpiuchi, Jodan Tate Urakenuchi, Zenkutso-dachi - Chudan Gyakuzuki.
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Kizame Maegeri, **Zenkutso-dachi** - Nukite
5. Stepping Forward: **Zenkutso-dachi** - Chudan Uchi Udeuke, same arm Jodan Kizame zuki, simultaneously Chudan Kizami Maegeri, Gyakuzuki.

MAWATTE

6. Stepping Forward: **Zenkutso-dachi** - Maegeri Rengeri: Chudan Kizame Maegeri X1, Jodan Maegeri X1

MAWATTE

7. Stepping Forward: **Zenkutso-dachi** – Mawashigeri Rengeri: Chudan Kizame Mawashigeri X1, Jodan Mawashigeri X1
8. Left & Right Side: **Kiba-dachi** - Jodan Yoko Keage
9. Left & Right Side: **Kiba-dachi** - Chudan Yoko Kekomi
10. Stepping Forward: **Zenkutso-dachi** – Chudan Kizami Yoko Kekomi, Mawashigeri, Gyakuzuki



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#### MAWATTE

11. Stepping Forward: **Zenkutso-dachi** - Chudan Kizami Mawashigeri, same leg Yoko Kekomi, Oizuki.
12. No Movement: **Zenkutso-dachi** - Jodan Maegeri to front, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side, Chudan Mawashigeri to front.
13. Control Test: **Zenkutso-dachi** - Gyaku zuki to target moving up & down & side-to-side, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki

#### **III. Kumite – Jiyu Ippon Kumite - (Semi Free Sparring)**

1. Attack Side: Jodan Tsuki
2. Attack Side: Chudan Tsuki
3. Attack Side: Chudan Maegeri
4. Attack Side: Chudan Ushirogeri
5. Attack Side: Chudan Yoko Kekomi



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## English Translation

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#### I. Kata:

1. Select one of the basic Katas except for Heian Shodan through Heian Godan & Tekki Shodan

\* Basic Katas: Heian Shodan - Heian Godan - Tekki Shodan - Tekki Sandan - Bassai Dai - Jion - Enpi - Kanku Dai - Hangetsu - Jitte – Gankaku

2. Demonstrate Kata randomly selected by examiner from Heian Shodan –Heian Godan, & Tekki Shodan

#### II. Kihon: (Basic Techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Front Stance** - One Step 3 Punches: Face Level X1, Stomach Level X2

2. Stepping Backward: **Front Stance** - Rising Block, Stomach Level Front Leg Front Kick, Reverse Punch.

3. Stepping Forward: **Front Stance** - Stomach Level Outside Block, Shifting into **Straddle Leg Stance** - Elbow, Face Level Vertical Back Fist, Stomach Level Reverse Punch.

4. Stepping Backward: **Back Stance** - Stomach Level Knife Hand Block, Front Leg Front Kick, Shifting into **Front Stance** - Spearhand

5. Stepping Forward: **Front Stance** – Stomach Level Inside Forearm Block, same arm Face Level Jab, simultaneously Stomach Level Front Leg Front Kick, Reverse Punch.

TURN AROUND

6. Stepping Forward: **Front Stance** - Double Front Kick: Stomach Level Front Leg Front Kick X1, Face Level Front Kick X1

TURN AROUND

7. Stepping Forward: **Front Stance** – Double Roundhouse Kick: Stomach Level Front Leg Roundhouse Kick X1, Face Level Roundhouse Kick X1

8. Left & Right Side: **Straddle Leg Stance** - Face Level Side Snap Kick

9. Left & Right Side: **Straddle Leg Stance** - Stomach Level Side Thrust Kick

10. Stepping Forward: **Front Stance** - Stomach Level Front Leg Side Thrust Kick, Roundhouse Kick, Reverse Punch.

TURN AROUND

11. Stepping Forward: **Front Stance** - Stomach Level Front Leg Roundhouse Kick, Same leg Side Thrust Kick, Lunge Punch.



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12. No Movement: **Front Stance** - Face Level Front Kick to front, Side Snap Kick to side, Stomach Level Side Thrust Kick to side, Roundhouse Kick to front.

13. Control Test - Examinee from Zenkutsu-dachi executes Gyakuzuki to target moving up and down & side-to-side held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki.

### **III. Kumite – Jiyu Ippon Kumite - (Semi Free Sparring)**

1. Attack Side: Face Level Punch
2. Attack Side: Stomach Level Punch
3. Attack Side: Stomach Level Front Kick
4. Attack Side: Stomach Level Back Kick
5. Attack Side: Stomach Level Thrust Kick