

Shinsa Yo-Ko

The Required Techniques to Demonstrate at Dan Examinations

<Note>

→→→→→: step forward
←←←←←: step backward

<Sho Dan>

Kihon (Basics)

1. Jodan-Junzuki & Chudan Gyakuzuki
(face level stepping punch & stomach level reverse punch) →→→→→
2. Sanbon Renzuki (three serial punches) →→→→→
3. Jodan-Ageuke & Gyakuzuki (face level rising block & reverse punch) ←←←←←
4. Chudan-Sotouke, Yoko-empi, Yoko-uraken & Chudan-gyakuzuki
(stomach level outside forearm block, elbow attack/change stance from fore to straddle, back fist strike, and stomach reverse punch/change stance from straddle to fore) →→→→→
5. Chudan-Uchiuke, Kizamizuki & Gyakuzuki
(stomach level inside forearm block, kizami-jab & reverse punch) ←←←←←
6. Syutou-uke & Nukite
(knife hand block & spear hand/shifting the stance from back to fore) →→→→→
7. Mae-geri (front kick) →→→→→
8. Ren-geri Chudan, Jodan (serial front kicks of stomach & face) →→→→→
9. Yoko-kekomi (side thrust kick from forestance) →→→→→
10. Mawashi-geri (roundhouse kick) →→→→→
11. Yoko-Keage (straddle stance side snap kick: right & left) →→→→→
12. Yoko-Kekomi (straddle stance side thrust kick: right & left) →→→→→
13. Yoko-Kekomi (fore stance side thrust kick: right & left) →→→→→

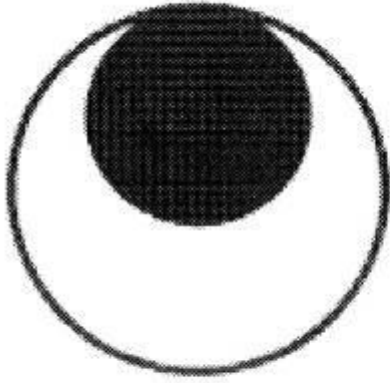
Kata

One's favorite kata from one of the Senteigatas: Bassai-dai, Kanku-dai, Empi & Jion.

Kumite

For Elementary School kids: Jiyu-Ippon-Kumite (Semi Free One-step sparring) For Junior-high School kids: Jiyu-Kumite (Free sparring: tournament style)

- Strictly instruct that there would be no intentional fouls.



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<Ni Dan>

Kihon (Basics)

1. Kizamizuki & Sanbon Renzuki (kizami-jab & three serial punches) →→→→→
2. Mageri & Junzuki (front kick & stepping punch) →→→→→
3. Yoko-keage & Yoko-kekomi (straddle stance side snap kick & side thrust kick: change steps) →→→→→
4. Yoko-kekomi & Gyakuzuki (side thrust kick & reverse punch/fore stance) →→→→→
5. Mawashi-geri & Gyakuzuki (roundhouse kick & reverse punch/fore stance) →→→→→
6. Ageuke, Mawashigeri, Yoko-uraken-uchi, Chudan-Junzuki
(rising block, roundhouse kick, side back fist strike & stomach stepping punch) ← step back once, and →→→→→
7. Mae-geri, Yoko-kekomi & Ushiro-geri (front kick, side thrust kick and back kick/fore stance: right & left)

Kata

One's favorite kata

Kumite

Jiyu-Kumite (Free sparring: tournament style)

<San Dan >

Kihon (Basics)

1. Sanbon Renzuki (three serial punches) →→→→→
2. Age-uke, Soto-uke, Gedan-barai & Chudan Gyakuzuki
(rising block, outside forearm block, downward block/same arm and stomach reverse punch) ←←←←←
3. Chudan Uchiuke, Jodan Kizamiuke & Chudan Gyakuzuki
(back stance inside forearm block and face block/same arm, fore stance stomach reverse punch) →→→→→
4. Syuto-uke, Kizami Mae-geri, Nukite
(back stance knife hand block and front leg snap kick, fore stance spear hand) ←←←←←
5. Mae-geri, Yoko-kekomi, Mawashi-geri, and Chudan Gyakuzuki
(front kick, side thrust kick, roundhouse kick and stomach reverse punch/change leg) →→→→→
6. Age-uke, Mae-geri, Chudan Gyakuzuki
(stepping backward rising block, front kick and stomach reverse punch) ←←←←←

Kata

One's favorite kata

Kumite

Jiyu-Kumite (Free sparring: tournament style)