



Union Karate Do Dan Grading Examination

Assessment Range: To Achieve **White/ Black Belt to Black Belt**

1 - SONABA KIHON: (Basic Techniques on the spot X 10 per Count)

Shiko Dachii

Sonoba Zuki – **1.1**-Jodan X 10, **1.2**- Chudan X 10, **1.3**-Gedan X 10 (Punch, Head, Body, Lower Abdomen) **1.4**-Jodan Uke X 10, **1.5**-Gedan Barai X 10, **1.6**- Gaiwan Uke X 10, **1.7**-Naiwan Uke X 10 (Block, Upper, Lower, Outside, Inside)

2 - SANDO SONABA KEKAESHI KERI WAZA: (Triple Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width) **2.1**- Sando Sonaba Geri – Maegeri/Maegeri, Mawashigeri, (Front/Front, Side), **2.2**- Mawashigeri/Mawashigeri, Sokutogeri, (Side/Side,Thrust), **2.3**- Maegeri/Mawashigeri, Sokutogeri, (Front ,Side, Thrust), **2.4**- Mawashigeri, Sokutogeri, Ushirogeri, (Side, Thrust, Back)

3- KETTE SANDO/ AYUMI ASHI KIHON: (Kick then techniques moving forward X3)

Kette Sando Junzuki Dachii (Kick Then Forward Punching Stance) **3.1**- Sando, Jodan, Chudan, Chudan Zuki (Head, Body, Body) **3.2**- Kette Jodan Uke, Nido Zuki, **3.3**- Kette Gedan Barai, Nido Zuki, **3.4**- Kette Gaiwan Uke, Nido Zuki, **3.5**- Kette Naiwan Uke, Nido Zuki (Moving Forwards, Kick / Blocking Upper, Lower, Middle, 2 x Body Punches) **3.6**- Kette Sando Gyakuzuki Jodan, Chudan, Chudan (Kick / Forward Reverse Punch Head, Body, Body) **3.7**-Kette Sando Junzuki No Tsukkomi, Jodan, Chudan, Jodan (Head, Body Head) **3.8**- Kette Sando Gyakuzuki No Tsukkomi, Gedan, Jodan, Gedan (Lower Abdomen, Head, Lower Abdomen)

4 - RENRAKU WAZA (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1** Mawashigeri Jodan, Kaiten Ura Mawashigeri Jodan, Tobi Mawashigeri, Chudan Nagashi Gyakuzuki (High Side Kick, High Spinning Kick, High Jump Side Kick, Diagonal Reverse Punch to the body)

Hanmi Gamae, (Fighting Stance), **4.2**- Okuri Ashi Chudan Jodan Nagashi Nido Junzuki, Maegeri Chudan, Jodan Chudan Nagashi Nido Junzuki, Maegeri Chudan, Jodan Nagashi Junzuki, Kaeshi Jodan Furiken Uchi, Uraken Uchi Chudan Nagashi Gyakuzuki (Moving Forward At An Angle Punching With The Same Arm To Body Then Head, Front Kick To Body Then Moving Forward At An Angle Punching With The Same Arm To Head Then Body, Front Kick To Body, Moving Forward With A Diagonal Punch To The Head Using The Same Arm A Swing Punch To The Head Then Strike With The Back Of The Fist Followed By A Diagonal Reverse Punch To The Body)

5 – TANTO DORI: (Knife Defence) GOSHIN HO (Self Defence) OYO WAZA (Pair Work)

5.1a Ukemi Jodan Zuki X 3 (Attack Punch to the Head) **5.1b** Torimi Any Defence X 3

5.2a Ukemi Chudan Zuki X 3 (Attack Punch to the Body) **5.2b** Torimi Any Defence X 3

5.3a Ukemi Maegeri Chudan X 3 (Attack Kick to the Body) **5.3b** Torimi Any Defence X 3

5.4a Ukemi Wrist Grip X 3 (Grab Body) **5.4b** Torimi Defence X 3

5.5a Ukemi with Tanto Chudan X3 (Attack with a Knife to the Body) **5.5b** Torimi Any Defence X 3

6 - KATA: (Sequence of Techniques with Form)

6.1- Pinan Kata of Examiners Choice **6.2**- Kushanku **6.3**- Naihanchi

7 - JI YU KUMITE: (Free Fighting) Three Exchanges

8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

9 - TAMESHIWARI: Break the Black Board



Black Belt 1st Dan



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

