



# Black Belt 1<sup>st</sup> Dan



UNION KARATE DO ASSESSMENT TO ACHIEVE 1<sup>ST</sup> DAN FULL COLOUR BLACK BELT

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

Shiko Dachi

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 - YONHONME SONABA KEKAESHI KERI WAZA: (Quadruple Kicking Techniques on the spot)

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

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

Kette / Junzuki Dachi (Forward Punching Stance)**3.1**- Chudan Zuki, **3.2**- Jodan Uke, **3.3**- Gedan Barai, **3.4**- Gaiwan Uke, **3.5**- Naiwan Uke (Moving Forwards, Kick / Body Punch, Blocking Upper, Lower, Middle) **3.6**- Kette Gyakuzuki (Kick / Forward Reverse Punch) **3.7**-Kette Junzuki No Tsukkomi, **3.8**- Kette Gyakuzuki No Tsukkomi, **3.9**- Tobikomi Nagashizuki (Jumping Parry Punch) **3.10**- Tobikomi Gyakuzuki Nagashizuki (Jumping Parry Reverse Punch)

## 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 – TONFA, BO STAFF AND KATANA: (Weapons Combination)

### 7 - KATA: (Sequence of Techniques with Form)

**7.1**- Pinan Kata of Examiners Choice **7.2**- Kushanku **7.3**- Naihanchi **7.4**- Weapons Kata of Students choice

### 8 - JI YU KUMITE: (Free Fighting) Three Exchanges

### 9 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

### 10 - TAMESHIWARI: Break the Black Board

