**Junior Shodan - 1st Black Belt**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**KIHON:** Any selected kihon within the syllabus

**PINAN KATA:**

*The examiner will choose any 1 of the Pinan kata.*

Pinan Shodan

Pinan Nidan

Pinan Sandan

Pinan Yondan

Pinan Godan

**PINAN BUNKAI:**

*The student must demonstrate bunkai from a Pinan kata of their choice.*

**HOKEI KUMITE:**

Pinan Shodan

Pinan Nidan

Pinan Sandan

Pinan Yondan

Pinan Godan

**TENSION KATA:**

Sanchin

Tensho

Naihanchin Shodan

**SHODAN KATA:**

Bassai Dai

Seienchin

Matsukaze

**SHODAN BUNKAI:**

*The student must demonstrate bunkai from a Shodan kata of their choice.*

**JYU KUMITE:** Continuous free fighting

**ESSAY:** *Assignment to be handed in on the morning of the examination* outlining;

* *The history of Karate and Shito-ryu Karate-do Kofukan including principle Masters and Shihans, e.g. evolution, hierarchy and historical lineage;*
* *The meaning of the Kofukan Badge.*

**COMMENTS:**

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_