



TOKON TAIKI GRADING SYLLABUS

1st DAN SHODAN - BLACK BELT



- Kata for 1st Dan Black Belt gradings are examined differently from Kyu gradings.
- In a Dan grading the examinee must choose which Kata they want too perform from a list of five.
- In addition to this, the examiner chooses a Heian Kata for the examinee too perform from a previous grading syllabus.

Basics

All begin from free-style Kamae

- Kizami zuki oi zuki gyaku zuki
- Mae geri kizami zuki gyaku zuki
- Yoko geri kekomi, uraken uchi, gyaku zuki
- Mawashi geri, uraken uchi, gyaku zuki
- Ushiro geri, uraken uchi and gyaku zuki
- Mae geri, kizami zuki, gyaku zuki, step back, gedanbarai, gyaku zuki, step forward mawashi geri, uraken uchi, gyaku zuki
- Four kicks: Mae geri, yoko geri, mawashi geri ushiro geri, uraken uchi and gyaku zuki
- Stand on one leg - Mae geri, yoko geri, ushiro geri (All must be performed whilst maintaining balance). Change leg and perform on other side

Kata

- Candidate chooses from list (A)
- Examiner chooses from list (B)

List (A)

- Bassai Dai,
- Kanku Dai,
- Jion,
- Enpi and
- Hangetsu

List (B)

- Any Heian Kata or
- Tekki Shodan

Kumite

- Ji-yu Ippon Kumite
(Semi free Sparring)

Attack: With jodan oi zuki chudan gyaku zuki, mae geri, yoko geri, mawashi geri and ushiro geri on your (right and left side)

Defend & Counter: On your right and left side

- Ji-yu kumite
(Candidates will fight)

There will be a minimum waiting period of 2 years before taking Nidan - 2nd Dan

(A 2 Year period of unbroken training at a frequency of two sessions per week is deemed minimum)