

1st Dan (Black Belt – 1st Level)

Grading Requirements Approved: March 2018

KIHON

Sanchin Dachi (Forwards and backwards)

Hips to generate power (and thrust the leg forward!)

Hungetsu Dachi (Forwards only)

Position to a forward facing (parallel) Sanchin Dachi between stances, then pivot on the ball of what will be the rear foot to drive the stance forward.

Practice for power generation for 2nd Dan Kata

Mai Keri Kokome (Stationary)

Two pivot actions:

- 1) After the knee raise and during the final stage of kicking action pivot on the ball of the standing foot to extend kicking range.
- 2) While returning kick to raised knee position pivot the standing foot back to parallel. Only after the standing foot is parallel place kicking foot back into the stance.

Maintain balance, posture and body height throughout.

Zenkutsu Dachi:

The following in combination forwards & backwards

- 1) **Soto Uke** (Zenkutsu Dachi)
Use back foot swivel to generate shoulder power
- 2) **Kokutsu Dachi Yoko Empi Uchi** (Tai-Sabaki forwards)
Coil legs between stances to generate thrust from rear leg for Tai-Sabaki
- 3) **Zenkutsu Dachi Mai Uraken Uchi**,
Slightly delay Uraken to use body movement to whip
- 4) **Gyaku Tsuki**
Use recoil of previous move to generate power (two move flow into one)

Zenkutsu Dachi:

The following in combination forwards

- 1) **Gyaku Tsuki** (Stationary)
Use triple compact hip action to allow for power in the flowing movement
- 2) **Mae Keri** (landing forward)
Use leg and foot positions after the kick to generate power in the following move
- 3) **Gyaku Tsuki**
- 4) Retreat front foot into **Neko Ashi Dachi, Gedan Bari Uke**
Use the recoil from the previous move to generate power
- 5) Extend front leg forward **Kamae Teisho Uchi**
Coil your rear leg prior to generate power and thrust

The following steps done in one combination **backwards**

- 1) Step backwards **Zenkutsu Dachi: Jodan Uke**,
- 2) Front foot retreat into **Neko Ashi Dachi: Gedan Bari Uke (Same Hand)**
Double hand action for revers hip power.
Be sure that your back leg is sprung
- 3) Front foot extend into **Zenkutsu Dachi: Hiraken Tsuki (reverse side)**
Unsprung the back leg to thrust.

Kamae:

- **Nami Uki , Gyaku Tsuki Stationary**

Hip movement to raise leg.

Use the retiring leg movement to generate power in the Tsuki.

(This is body development movements for take downs and Yoko Tobi Keri)

- **Kagi Keri**

Pivot the standing leg to generate power and assist with recoil

- **Kakato Keri**

Ensure you are kicking with the ball of the foot extended; kicking with the heel extended can result in injury when your foot contacts the ground

- The following in combination **forwards**

- 1) **Mae Keri (Front Foot) with rear foot shift forwards**

Recoil the first kick but don't place it down yet

- 2) **Gyaku Tsuki (Tai Sabaki) forwards**

Use the back leg to power a body shift (jump) before the foot has landed

- **Mae Keri, Mawashi Keri (same leg)**

Recoil the first kick behind your buttocks for maximum power on Mawashi.

Foot not to touch the ground between kicks

- **Mai Keri, Mai Fumokomi Keri (Same leg) Forwards**

1) Recoil the first kick into a forward bent knee position.

2) Rotate the standing foot during execution of second kick to add hip thrust

3) Time rotation of the foot to finish with impact

4) Rotate the standing leg back to the forward position as the kick recoils.

Kamae:

- **Kizami Tsuki, Yoko Keri (back leg), Ushiro Mawashi Keri landing forwards**
Forwards Only

Maintain a bent base leg to ensure you do not get top heavy on your spins

- **Yoko Keri Kokome (Front foot) Forwards**

2 pivot actions:

(1) After the knee raise and during the final stage of kicking action pivot on the ball of the standing foot to extend kicking range.

(2) When recoiling the kick, pivot the standing foot back to parallel. Only after the standing foot is parallel place kicking foot down and forwards

Maintain balance, posture and body height throughout.

- **Yoko Tobi Keri Forwards**
Use a 'Nami Uke' action with the back leg in place of a 'Mai Kosa Dachi'
- Ashi-Sabaki 45 degrees forwards **Gedan Bari Uki**, Tenshin **Gyaku Tsuki**
- **The following steps done in one combination forwards**
 - 1) Back foot crosses front foot $\frac{3}{4}$ stance advance **Mai Keri**
 - 2) Back foot comes up to **Sanshin Dachi: Ura Age Empi Uchi**
Get the stance correct, it generates massive power going from a long stance to a small stance as done here
 - 3) Reset back into **Kamae** by moving the rear leg backwards

Chikaku Kamae:

- Front foot move sideways and slightly forwards **Zenkutsu Dachi Kakuto Uchi**
Strike with the reverse hand in the opposite to the direction you are moving
- The following in combination with Tenshin on every move (**Stationary**)
 - 1) **Mawashi Empi Uchi**
 - 2) **Mawashi Tsuki**
 - 3) **Ura Age Tsuki**
Visualise an attacker inside your stance, not in front of you
- The following steps done in one combination (**Forwards**)
 - 1) Front foot **Mai Keri** (Ashi-sabaki)
After recoil place foot down in a longer stance to advance forwards
 - 2) **Ura Age Empi Uchi** (Ashi- Sabaki)
Bring the back foot up into a shorter stance to close range and add momentum
 - 3) Reset to repeat

Chikaku Kamae:

- The following steps done in one combination (**Forwards**)
 - 1) **Mai Keri** (front foot, advance into Zenkutsu Dachi on completion)
 - 2) **Mawashi Keri** landing forwards
 - 3) Reset to **Chickaku Kame**

Kiba Dachi:

Zenkutsu Dachi, Mae Keri (Tenshin) Ushiro Keri (same leg opposite direction 45)
Emphasis on heel turn to thrust Ushiro Keri

KIHON: Introduction to minor movement to adjust distance

Chikaku Kamae:

- 1) **Mawashi Empi Uchi, Teisho Uchi** with alternating movement on the heel and balls of the feet to advance or retreat.
- 2) **Above sideways action, but sideways instead of forwards**

KATA (Forms)

NEW:

Each done 2 times during the grading in your own time

Bassai Dai

Jion

REVISION:

Each done once during the grading in your own time

Taikyoku Shodan.

Jo-No.

Heian: Shodan, Nidan, Sandan, Yondan, Godan.

Tekki: Shodan, Nidan, Sandan.

IPPON KUMITE (One Step Fighting)

Emphasis for all sections of Ippon kumite:

Use the balls of the feet, and compact hip movements to generate power and speed. All blocks are actioned during the positioning of the body into the stance position for the counter attack. (Block and counter in the one stance movement, not 2 separate stances movements) except when counter attacks are kicks.

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|----|--|--|
| 1) | <u>Attacker</u> Any attack (20 in grading) | <u>Defender</u> Open defence and counter |
|----|--|--|

Emphasis:

Watch the attack closely to determine what it is, what height it is at, and to time your block. Don't anticipate the attack or you will be cleaned up.

- | | | |
|----|--|---|
| 2) | <u>Attacker</u> Oi Tsuki (20 in grading) | <u>Defender</u> Break arm using guard capture |
|----|--|---|

CHIKAKU IPPON KUMITE (Close One Step Fighting)

| | <u>Attacker</u> | <u>Defender</u> |
|----|--|--|
| 1) | Chest grab at close range from front | Open Choice |
| 2) | Chest grab at close range Inside side | Open Choice |
| 3) | Back Grab at close range Outside side | Ashi-Sabaki / Tenshin Mawashi Empi |
| 4) | “ “ “ “ | Ashi-Sabaki / Tenshin Tate Tsuki |
| 5) | “ “ “ “ | Ashi-Sabaki / Tenshin Teisho Uchi |
| 6) | “ “ “ “ | Ashi-Sabaki / Tenshin Suri Shuto Uchi |

KAEME IPPON KUMITE (One Step from fighting positions)

| | <u>Attack</u> | <u>Defend</u> |
|----|-------------------------|---|
| 1) | Oi Tsuki | Mai Keri, Sen No Sen Attack |
| 2) | ½ Speed Oi Tsuki Chudan | Open Counter Sen No Sen (no side evasions) |
| 3) | ½ Speed Oi Tsuki Jodan | Open Counter Sen No Sen (no side evasions) |
| 4) | ½ Speed Mai Keri | Sen No Sen (Evasion Permitted) |

JIYU IPPON KUMITE (Free One Step)

Must incorporate Sen-No-Sen at least 50% of the time against free open attacks

KAEME HAPPO IPPON KUMITE (8 Direction One Step form fighting position)

| | <u>Attack</u> | <u>Defend</u> |
|----|--|--------------------------------|
| 1) | Oi Tsuki or Mai Keri from 45° front left. | Evade and open counter attack. |
| 2) | Oi Tsuki or Mai Keri from 45° front right. | “ “ “ “ “ |
| 3) | Oi Tsuki or Mai Keri from 90° left side. | “ “ “ “ “ |
| 4) | Oi Tsuki or Mai Keri from 90° right side. | “ “ “ “ “ |
| 5) | Oi Tsuki from 45° back left. | Evade and open counter attack. |
| 6) | Oi Tsuki from 45° back right. | “ “ “ “ “ |
| 7) | Oi Tsuki from directly behind. | “ “ “ “ “ |

KASHI IPPON KUMITE (Attack and Counter Attacked One Step)

| <u>Count</u> | <u>Initial Attacker</u> | <u>Initial Defender</u> |
|--------------|---|--|
| 1 | Oi Tsuki | Open defence with evasion all directions |
| 2 | Block incoming attack (Evasion Optional) And open counter attack | Counter Attack with Oi Tsuki |

TAKE DOWNS (From Ippon Kumite)

Attack

- 1) **Right** leg back - forward straight attack.
- 2) **Right** leg back - forward straight attack.
- 3) **Left** leg back - forward straight attack.
- 4) **Left** leg back - forward straight attack.
- 5) **Right** leg back - forward straight attack.
- 6) **Right** leg back - forward straight attack.
- 5) **Left** leg back - forward straight attack.
- 6) **Left** leg back - forward straight attack.

Defend

ALL WITH APPROPRIATE COUNTERS

- Reap front leg from inside
- Reap back leg from inside
- Reap front leg from inside
- Reap back leg from inside
- Reap front leg from outside
- Reap back leg from outside
- Reap front leg from outside
- Reap back leg from outside

TAKE DOWNS (From Sanbon Kumite)

Attack

- 1) Oi Tsuki start right leg back
- 2) Oi Tsuki start left Leg back

Defend

- Front Leg Sweep
- Front Leg Sweep

BREAK FALLS

Forward roll from standing both sides, up and down hall.

JIYU KUMITE (Free Fighting)

Points Kumite 20 rounds (10 rounds if over 50 years of age)

Par for this section is 70 points, opponents to be brown black and black belt only