



## Black Belt White Stripe – (Shodan - Ho)

### Dachi (Stances)

Fudo Dachi	Sanchin Dachi	Zenkutsu Dachi	Musubi Dachi	Uchihachiji Dachi
Heisoku Dachi	Neko Ashi Dachi	Kokutsu Dachi	Kiba Dachi	Tsuru Ashi Dachi
Heiko Dachi	Shiko Dachi	Kosa Dachi		

### Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
5. Kette Junzuki (chudan)
6. Kette Gyakuzuki (chudan)
7. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Tobikomizuki Jodan (in Shizenhontai Dachi)
10. Nagashizuki Chudan (in Shizenhontai Dachi)
11. Uraken Ganmen Uchi (in Zenkutsu Dachi or Sanchin Dachi)
12. Yoko Uraken Uchi (in Zenkutsu Dachi or Sanchin Dachi)
13. Uraken Hizo Uchi (in Zenkutsu Dachi or Sanchin Dachi)
14. Uraken Shitahara Uchi (in Zenkutsu Dachi or Sanchin Dachi)
15. Hitosashiyubi Ipponken
16. Tetsui Uchi
17. Ura Tsuki
18. Ippon Nukite
19. Nihon Nukite
20. Nakayubi Ippon Ken
21. Nihon Ken
22. Shuto Ganmen Uchi
23. Shuto Hizo Uchi
24. Shuto Sakotsu Uchikomi
25. Shuto Chudan Uchikomi
26. Shotei Chudan Tsuki
27. Shotei Jodan Tsuki
28. Shotei Gedan Tsuki
29. Chudan Hijiate
30. Jodan Hijiate
31. Ago Hijiate
32. Age Hijiate
33. Oroshi Hijiate
34. Mawashi Hijiate
35. Oroshi Hijiate Gyaku Zuki
36. Hiraken
37. Hira Ken Gyaku Zuki
38. Nihon Tsuki
39. Yonhon Nukite



# Anshin Ryu

空手道

## **Kihon Keri Waza (Basic Kicking Techniques)**

1. Hiza Geri
2. Maegeri Keage Jodan
3. Mawashigeri Keage Chudan
4. Mae Kansetsu Geri
5. Kin Geri
6. Sokuto Geri Chudan
7. Surikomi Mawashigeri Keage Chudan
8. Surikomi Sokuto Geri Chudan
9. Ushirogeri (hiza)
10. Maegeri, Mawashigeri Chudan – same leg
11. Ushirogeri Chudan
12. Ura Mawashigeri Chudan
13. Maegeri Kekomi Jodan
14. Mawashi Uchi Keage
15. Mawashi Soto Keage
16. Maegeri (chudan), Mawashigeri (jodan) – same leg
17. Kakatogeri Jodan.
18. Nidan Geri Jodan.
19. Maegeri, Sokuto (chudan) – same leg
20. Surikomi Mawashigeri, Mawashigeri (jodan) – same leg.
21. Ushirogeri (jodan).
22. Ura Mawashigeri (jodan).
23. Ura Mawashigeri, Mawashigeri (jodan) – same leg
24. Surikomi Sokuto (Jodan)
25. Maegeri, Mawashigeri, Sokuto (chudan) - same leg
26. Kakato Maegeri

## **Kihon Uke Waza (Basic Blocking Techniques)**

1. Jodan Uke, Gyakuzuki
2. Soto Uke, Gyakuzuki
3. Uchi Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki
5. Shuto Uchi Uke Jodan
6. Chudan Uchi Uke Gedan Barai
7. Juji Uke (Jodan and Chudan)
8. Mae Gedan Barai Gyakuzuki
9. Morote Uke
10. Shuto Soto Uke Chudan
11. Shuto Jodan Uke
12. Haito Uchi Uke
13. Shotei Jodan Uke
14. Shotei Soto Uke
15. Shotei Gedan Uke
16. Kake Uke
17. Hiki Uke
18. Osae Uke
19. Mawashi Uke
20. Koken Uchi Uke



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## **Renraku Waza (Combinations Techniques)**

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.
5. Mawashigeri, Gyakuzuki Chudan
6. Maegeri, Mawashigeri, Gyakuzuki Chudan
7. Surikomi Maegeri, Mawashigeri Gyakuzuki Chudan
8. Sokutogeri, Gyakuzuki Chudan
9. Mawashigeri, Ushirogeri, Gyakuzuki Chudan
10. Maegeri, Sokutogeri, Gyakuzuki Chudan
11. Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan.
12. Tsukuriashi Kizami Tsuki Jodan, Gyakuzuki Chudan
13. Zenshinshite Jodan, Renzuki Chudan, Surikomi Maegeri, Mawashigeri, Gyakuzuki Chudan.
14. Surikomi Maegeri, Ushirogeri, Gyakuzuki Chudan
15. Maegeri, Sokutogeri, Ushirogeri, Gyakuzuki Chudan
16. Tsukuriashi Kizami Tsuki Jodan, Surikomi Sokutogeri Chudan, Ushirogeri Chudan, Uraken Jodan, Gyakuzuki Chudan.
17. Zenshinshite Jodan, Renzuki Chudan, Maegeri, Mawashigeri Chudan, Soto Uke Jodan, Gyakuzuki Chudan.
18. Hiraken Jodan, Haito Uchi Jodan, Mikazukigeri Sokutogeri Chudan, Ushirogeri Chudan, Uraken Jodan.

## **Kata (Form)**

1. Pinan Nidan.
2. Pinan Shodan.
3. Pinan Sandan.
4. Pinan Yodan
5. Pinan Godan.
6. Ku Shanku
7. Rho-Hai.
8. Naihanchi.
9. Jitte.

## **Bunkai (Analysis)**

1. Pinan Nidan.
2. Pinan Shodan.
3. Pinan Sandan.
4. Pinan Yodan.
5. Pinan Godan.
6. Ku Shanku



**Anshin Ryu**

空手道

**Examiner's Choice**

Any 11 from Tsuki, 5 from Keri, 6 from Uke and 2 from Renraku Waza in blue.

**Jiyu Kumite (free Fighting)**

**Pad Work (Strikes & Kicks).**

**Question Sheet for this grade**

**Dojo-Kun for this grade.**