



Anshin Ryu

空手道

Black Belt – 1st Dan 1st Tag (Shodan)

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



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44. Yonhon Nukite
45. Koken Uchi
46. Kizami Tsuki

Kihon Keri Waza (Basic Kicking Techniques)

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

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



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15. Shotei Gedan Uke
16. Kake Uke
17. Hiki Uke
18. Osae Uke
19. Mawashi Uke
20. Koken Uchi Uke

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. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.
4. Either Pinan Sono Yon or Pinan Yodan.
5. Either Pinan Sono Go or Pinan Godan.
6. Ku Shanku
7. Rho-Hai.
8. Naihanchi.
9. Jitte.
10. Tensho.
11. Sanchin
12. Chinto.

Bunkai (Analysis)

1. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.
4. Either Pinan Sono Yon or Pinan Yodan.
5. Either Pinan Sono Go or Pinan Godan.
6. Ku Shanku



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7. Rho-Hai or Naihanchi
8. Jitte or Tensho

Enbu Kumite or Kihon Kumite

1. Pinan Sono Ichi Enbu Kumite or Kihon Kumite 1. Ikkyo & 2. Nikkyo at Level 3.
2. Pinan Sono Ni Enbu Kumite or Kihon Kumite 3. Sankyo at Level 3.
3. Pinan Sono San or Kihon Kumite 4. Kote Gaeshi at Level 3
4. Pinan Sono Yon or Kihon Kumite 5. Ushiro Otoshinage
5. Pinan Sono Go or Kihon Kumite 6. Mae Otoshinage, 7. Oroshi Morote Sukui Uke & 8. Hasami Uke

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.