

SHODAN SHIKEN 1° DAN

Conditions:

- minimum 17 years old
- enough attendances on federal activities
- minimum 1 year 1° kyu
- having followed two instructor training sessions with Paul shihan (possible from blue belt on)

BASIC TECHNIQUES

UKEMI WAZA

Show all possible falling exercises you know.

HODOKI WAZA

Defend yourself against one or more attackers using movements / techniques to **free yourself**; also a couple of examples on the floor. Uke continually attacks during one minute.

KANSETSU WAZA

Defend yourself against one or more attackers using **locking techniques**; also a couple of examples on the floor. Uke continually attacks during one minute.

NAGE WAZA

Defend yourself against one or more attackers using **throwing** techniques. Uke continually attacks during one minute.

ATEMI WAZA

Defend yourself against one or more attackers using **hitting and kicking techniques**. Uke continually attacks during one minute, both with attacks from a distance as with grabbing attacks.

KATAME WAZA

Additional techniques to be used in the next part: applications.

SHIME WAZA

Additional techniques to be used in the next part: applications.

APPLICATIONS

COMBINATIONS

Defend yourself against one or more attackers. Uke continually attacks during 2 minutes. Always use a combination of minimum 3 basic techniques. The **emphasis lies on variation** in the techniques.

DEFENCE AGAINST WEAPONS

Defend yourself against one or more attackers armed with stick, knife, fire arm or a chair. Uke continually attacks during 2 minutes. Always use a combination of minimum 3 basic techniques.

RANDORI CONTACT

Defend yourself against 2 or 3 armed and / or unarmed attackers during at least 2 minutes. The **emphasis lies on efficiency**.

RANDORI DISTANCE

Defend yourself against one attacker during at least 2 minutes; no grabbing attacks and no groundwork.

FREE FIGHT

Free fight during at least 2 minutes against one attacker; with throws and groundwork. Both Uke and Tori wear light boxing gloves and are allowed to make light contact, also on the ground.

KATA

TAI SABAKI NO KATA

Demonstrate the complete kata from yellow to brown.

KANSETSU NO KATA

Demonstrate the complete kata with 20 standing locks + 4 locks on the ground.

JUTSU NAGE NO KATA

Demonstrate the complete kata with your own preferred throws.

1° series

1° attack: bear hug over the arms from the front

2° attack: hook punch to the head

Possible throws: **koshi guruma – o goshi – harai goshi – ippon seoi nage**

2° series

1° attack: double strangulation from the front

2° attack: push against the chest with one hand

Possible throws: **tai otoshi – te guruma – morote gari – sukui nage**

3° series

1° attack: kick to the groin

2° attack: straight punch to the face

Possible throws: **o soto gari – o uchi gari – ko soto gari – ko uchi gari**

4° series

1° attack: grabbing the collar from behind and pushing

2° attack: bear hug over the arms from the rear

Possible throws: **ko uchi maki komi – waki otoshi – yoko wakare – soto maki komi**

HEIAN SHODAN

Demonstrate the complete kata + and show at least four different bunkai.

Perform the kata with normal speed. Explanation is not necessary.

Demonstrate the bunkai and explain what part(s) of the kata you use and what is happening.

For the bunkai:

- make use of nage waza, kansetsu waza, shime waza when possible
- show the possible kyusho jutsu applications: explain the points + body mechanics
- **write a paper in English and make use of photos**, explaining all the above and send it to Paul shihan **at least one month before the examination.**