

## SHODAN SHIKEN 5° DAN

### Conditions:

- minimum 31 years old
- enough attendances on federal activities
- minimum 5 years 4° dan
- having followed five instructor training sessions with Paul shihan during those 5 years

## BASIC TECHNIQUES

All basic techniques have been tested during the previous examinations and are regarded as acquired knowledge.

*No separate testing on basic techniques is necessary on this level.*

## APPLICATIONS

### COMBINATIONS – SITUATIONS – WEAPONS

Make **your own program** of your favourite techniques.

- one, two or more attackers, armed or unarmed
- in normal, special or unusual situations
- you can react unarmed
- you can react with arm(s) but all must be justifiable
- choose a theme, or several themes
- at least ten, and maximum 20 techniques
- ...

**The program must be different than the one you performed for 4th dan!**

How to present this program:

1. **write a paper in English, photos + text**, explaining the program and send it to Paul shihan **at least one month before the examination**
2. present the full program as a kata
3. explain all the techniques in different parts

Parts 2 and 3 will be done during a **shodan shiken** in front of a jury (min 3, max 5 persons). The jury members will have at least 5<sup>th</sup> dan. The members of the jury have the right to ask questions concerning the program.

### Additional:

If the candidate has no official teaching diploma or insufficient teaching experience, he can be asked to teach (part of) this program during an international seminar (min. 1 hour).

This is not part of the examination, but a means to help him with his teaching abilities.

## RANDORI CONTACT / DISTANCE or FREE FIGHT

You have proven during previous examinations that you are able to defend yourself against one or more attackers, even when pushed to an extreme level. There's no need to prove that again.

*No separate testing on randori is necessary on this level.*

## KATA

### JU JUTSU KATA

Demonstrate one of these kata (your own choice) – *but a different one than you performed for 4th dan*

- jutsu nage no kata
- goshin jutsu no kata
- tanto no kata
- other kata of your choice

### KARATE KATA

Demonstrate one of these kata (your own choice) – *but a different one than you performed for 4th dan*

- heian shodan
- heian nidan
- tekki shodan
- other kata of your choice