

SHINRI
KARATE SCHOOLS



SHINRIKARATESCHOOLS.COM

SHODAN (1st Dan) GOING FOR – NIDAN (2nd Dan)

(all performed from Jiyu Dachi –Turn with combination)

Sanbon Zuki

Uraken /Gyaku Zuki/ Gedan Barai

Age Uke /Mae Geri / Gyaku Zuki

Soto Uke / Yoko Empi / Gyaku Zuki

Uchi Uke /Kizami Zuki (full draw back)/Gyaku Zuki

Shuto Uke /Kizami Mawashi Geri/ Nukite

Step back Age Uke / Mawashi Geri / Gyaku Zuki

Kizami Zuki / Mawashi Geri / Gyaku Zuki

Kizami Mae geri / Kizami Zuki / Gyaku Zuki- on the spot

Ushiro Geri

Kumite

Kihon Ippon kumite

Set 1,2 and 3 - both sides, high speed, no count Jiyu Ippon kumite

Set 1,2 and 3 - both sides, high speed, no count

Okuri Jiyu Ippon kumite

Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri – both sides high speed no count

Jiyu kumite

against at least 2 consecutive Dan grades

Kata

Tokui Kata with Bunkai

choose from Nijushiho, Bassai Sho, Kanku Sho, Tekki Nidan and Meikyo

Plus any previous Kata

Oral