



### SHODAN 1st Dan Rank—Shodan Requirements

Requirement	Description	
Hand Strikes	All Previous plus excellent technique	
Kicking	All Previous plus excellent technique	
Stances	All Previous plus excellent technique	
Blocks	All Previous plus excellent technique	
Kata	Chikyu no Kata	
	Chatan Yara no Kun Bo Kata	
Self Defense	All Empty Hand	
	All Ippon Kumite Plus Five of Own	
	Ground Defense Drills	
	All Throws	
	Gun, Knife and Club Defense	
Application	Ability to Strike Vital Targets	
	Precision, control, speed & power	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Paper	Thesis Assignment by Sensei	
History	Knows history of art and dojo	
Teaching	50 Hours Teaching Class (Adults Only)	
Attendance	Attended all required classes and seminars including events / tournaments	
Private Class	Attended 20 Private Sessions as Assigned	
Training Time	4-10 Months Since 1st Kyu	