

Dan Pre – exam

Written essay – minimum 500 words, typed, 12 pt arial font Subject “*What is Karate - do?*”

Physical Conditioning

- 20 minute run (no walking allowed)
- 50 sit – ups in one minute or less (knees bent, shoulders touch the floor)
- 50 push – ups in one minute or less (no “knee” push – ups)

5 minute rest

Kata

- Bassai Dai
 - Gion
 - Kanku Dai
 - Enpi
 - Hangetsu
 - Tekki Nidan
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- Bunkai questions on tokui kata and any heian kata

5 minute rest

Kihon (all kihon combinations 5 times each unless otherwise directed)

From zenkutsu dachi

- Shift forward soto uke, change to kiba dachi empi uchi – uraken, shift forward zenkutsu dachi chudan oizuki
- Shift back age uke, (same arm) soto uke, gedan barai, chudan gyaku zuki

From kokutsu dachi

- Shift back shuto uke kizami maegeri in place shift to zenkutsu dachi chudan nukite

From kiba dachi

- Sanbon zuki
- Shifting yoko geri keage pivot yoko geri kekomi jodan uraken

From sochin dachi

- Kizami zuki shift forward sanbon zuki
- Gyaku zuki/kizami zuki shift forward chudan oizuki
- Gyaku zuki shift forward mawashi geri
- Gyaku zuki shift forward jodan yoko geri kekomi
- Mae geri shift forward jodan yoko geri kekomi shift forward ushiro geri
- Gyaku zuki shift forward ushiro geri
- Gyaku zuki shift forward uraken
- Jodan gyaku zuki, shift forward rear leg sweep (ashai barai), chudan gyaku zuki
- Shift forward chudan maegeri kekomi, jodan yoko geri kikomi, chudan ushiro geri

Stationary Kicking (left and right side)

- 25 Maegeri keage/yoko geri keage
- 15 Maegeri keage/yoko geri keage/mawashi geri
- 10 Maegeri keage/yoko geri keage/mawashi geri/ushiro geri

5 minute rest

Kumite

- Jiyu Ippon Kumite – (8 attacks/8 counters) left and right side
- “Circle kumite”
- Jiyu Kumite – multiple opponents (one at a time)

Students must successfully pass each component of the pre dan exam to be eligible to take their dan exam.