



WARWICK
SHOTOKAN
松 濤 館 空 手

Traditional Japanese Karate · WarwickShotokan.com

Ni Dan

BLACK BELT(Ni Dan / Ni Dan Ho)

Recommended: Minimum 3-years after Shodan

KATA: Examinee choice of kata from group A, B or C plus Examer's choice of 2 kata from Group A or B, Tekki Shodan or Nidan or any Heian

Requirements: You must have competed in at least two Tournaments and one seminar in the past 12 months

KIHON (Basics): (From Free Stance)

1. Kizami Zuki – Oi Zuki – Oi Zuki
2. Shift Kizami Zuki – Chudan Mae Geri – Oi Zuki Jodan
3. From Side Stance: Step Yoko Geri Keage Jodan – Back Leg Yoko Geri Kekomi Chudan
4. From Front Stance: Step Back Age Uke – Immediately Come forward with Mawashi Geri Jodan – Same Side Uraken then Step Oi Zuki Jodan
5. Stationary 3 Way Kicking: Mae Geri – Yoko Geri Keage – Ushiro geri then back to Zenkutsodachi

Kumite:

Ippon Kumite as Attacker and Defender, any block any counter

Jodan Oi-zuki, Chudan Oi-Zuki, Mae Geri, Kekomi, Mawashi Geri and Ushiro Geri

Jiu Kumite (Free Sparring) against a lower rank, same rank and a higher rank



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SHO DAN / Sho Dan Ho (youth) (FIRST RANK)

Qualification: More than 6 months after receiving 1st kyu. Age 12 for "junior rank" ending on 17th birthday (or by special invitation). You must have competed in at least 2 Tournaments and 1 Seminar in the last 12 months

KATA: Primary- Bassai Dai plus Tekki Shodan and Heian Shodan

Secondary- all remaining Heian kata.

KIHON (Basics):

- 1) San bon zuki
- 2) Rising block, lead leg front kick, reverse punch
- 3) Outside block, change horse stance, elbow strike, backfist strike, open up to front stance reverse punch
- 4) Back stance, knifehand block, lead leg front kick, spearhand strike (back stance to front stance)
- 5) Lead leg front kick stomach, back leg front kick head
- 6) Lead leg round kick stomach, back leg round kick head
- 7) Side stance, stepping across side snap kick
- 8) Side stance, stepping across side thrust kick
- 9) Side stance, stepping across hook kick
- 10) Combination: lead leg round kick, back leg side thrust kick, reverse punch
- 11) Combination: back leg round kick, cross over step same leg side thrust kick, step in reverse punch
- 12) Combination: Lead leg front kick, back leg hook kick, step in reverse punch
- 13) Three consecutive c-step front punches
- 14) Stepping back 3 times, inside block, lead leg front kick, kizami zuki – gyaku zuki
- 15) From stationary front stance: back leg front kick, same leg side snap kick, step back into front stance, back kick
- 16) Pen Drill

Kumite: Ippon Kumite as Attacker and Defender, any block any counter
Jodan Oi-zuki, Chudan Oi-Zuki, Mae Geri, Kekomi, Mawashi Geri and Ushiro Geri
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YOUTH CAND. BLACK BELT (youth)

KATA: Primary- Empi, Tekki Shodan and Heian Shodan
Secondary- KanKu Dai, Bassai Dai and all remaining Heian kata.

KIHON (Basics):

- 1) San bon zuki
- 2) Rising block, lead leg front kick, reverse punch
- 3) Outside block, change horse stance, elbow strike, backfist strike, open up to front stance reverse punch
- 4) Back stance, knifehand block, lead leg front kick, spearhand strike (back stance to front stance)
- 5) Lead leg front kick stomach, back leg front kick head
- 6) Lead leg round kick stomach, back leg round kick head
- 7) Side stance, stepping across side snap kick
- 8) Side stance, stepping across side thrust kick
- 9) Side stance, stepping across hook kick
- 10) Combination: lead leg round kick, back leg side thrust kick, reverse punch
- 11) Combination: back leg round kick, cross over step same leg side thrust kick, step in reverse punch
- 12) Combination: Lead leg front kick, back leg hook kick, step in reverse punch
- 13) Three consecutive c-step front punches
- 14) Stepping back 3 times, inside block, lead leg front kick, kizami zuki - gyaku zuki
- 15) From stationary front stance: back leg front kick, same leg side snap kick, step back into front stance, back kick
- 16) Pen Drill

Kumite:

Ippon Kumite as Attacker and Defender, any block any counter
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Brown 1st Kyu

KATA: Bassai Dai plus Examiner's choice of Tekki Shodan and any Heian

Requirements: You must have competed in at least two Tournaments and one seminar in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike, back-fist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spear-hand to solar plexus while landing in front stance.
- 5) Moving forward, double front snap kick (start with front leg), stomach level, face level.
*Turn into front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Change direction, stepping across, reverse-round kick-change direction-repeat.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) Combination: From front stance, lead leg round-house kick, cross-over step, same leg side thrust kick, step in reverse punch.
- 12) Combination: From front stance, lead leg front kick, back leg reverse round-house kick, step in reverse punch.
- 13) From stationary front stance, back leg front kick, same leg side snap kick, step back into a front stance, back kick.
- 14) From front stance, reverse punch (using maximum speed and power) as closely as possible towards a stationary object without making contact.

Kumite:

Ippon Kumite as Attacker and Defender, any block any counter

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2 KYU: BROWN BELT-BLACK 2 STRIPES

KATA: Bassai Dai plus Examiner's choice of Tekki Shodan and any Heian

Requirements: You must have competed in at least two Tournaments and one seminar in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike, back-fist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spear-hand to solar plexus while landing in front stance.
- 5) Moving forward, double front snap kick (start with front leg), stomach level, face level.
*Turn into front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Change direction, stepping across, reverse-round kick-change direction-repeat.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) Combination: From front stance, back leg round-house kick, cross-over step, same leg side thrust kick, step in reverse punch.
- 12) Combination: From front stance, lead leg front kick, back leg reverse round-house kick, step in reverse punch.
- 13) From stationary front stance, back leg front kick, same leg side snap kick, step back into a front stance, back kick.
- 14) From front stance, reverse punch (using maximum speed and power) as closely as possible towards a stationary object without making contact.

Kumite:

Ippon Kumite as Attacker and Defender, any block any counter

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3 KYU: BROWN BELT

KATA: Tekki Shodan Plus all Heian Kata

Requirements: You must have competed in at least two Tournaments in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike, back-fist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spear-hand to solar plexus while landing in front stance.
- 5) Moving forward, double front snap kick (start with front leg), stomach level, face level.
*Turn into front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Change direction, stepping across, reverse-round kick-change direction-repeat.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) Combination: From front stance, back leg round-house kick, cross-over step, same leg side thrust kick, step in reverse punch.
- 12) Combination: From front stance, lead leg front kick, back leg reverse round-house kick, step in reverse punch.
- 13) From stationary front stance, back leg front kick, same leg side snap kick, step back into a front stance, back kick.
- 14) From front stance, reverse punch (using maximum speed and power) as closely as possible towards a stationary object without making contact.

Kumite:

Ippon Kumite as Attacker and Defender, any block any counter

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4 KYU: CANDIDATE BROWN BELT (youth)

KATA: Tekki Shodan

Plus Examiner's choice of 2 Heian kata

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack, backfist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus while landing in front stance.
- 5) Moving forward, lead leg front kick stomach level, back leg front kick face level.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Stepping across, reverse round-house kick, face level.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) From stationary front stance, back leg front kick, same leg side kick, step back into front stance, back kick.

KUMITE (BASIC SPARRING):

Examiners Count

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Side thrust kick

*Round kick

*Back kick.

Defense (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.



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4 KYU: PURPLE BELT

KATA: Heian Godan plus Examiner's choice of 2 kata from Heian 1, 2, 3 or 4

Requirements: You must have competed in at least two Tournaments in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack, backfist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus.
(back stance to front stance)
*Change to front stance.
- 5) Moving forward, lead leg front kick stomach level, back leg front kick face level.
*Turn into front stance.
- 6) Moving forward, lead leg round-house kick stomach level, back leg round-house kickface level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Change direction, stepping across, side thrust kick-change direction, repeat.
- 9) Change direction, stepping across, reverse round-house kick-change direction, repeat.
- 10) Combination: From front stance, (back leg) front snap kick, (back leg) side thrust kick, reverse punch.
- 11) 2-Way kicking, front kick-side snap kick.

KUMITE (BASIC SPARRING):

No Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Side thrust kick.

Defense side (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.



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5 KYU: CANDIDATE PURPLE BELT (youth)

KATA: Heian Godan (perform to the first kiai) plus Examiner's choice of 2 kata from Heian 1, 2, 3 or 4

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack, backfist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus.
*Change to front stance.
- 5) Moving forward, double front snap kick, stomach level, face level.
*Turn into front stance.
- 6) Moving forward, double round-house kick, stomach level, face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Change direction, stepping across, side thrust kick-change direction, repeat.
- 9) Change direction, stepping across, reverse round-house kick-change direction, repeat.

KUMITE (BASIC SPARRING):

No Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Side thrust kick.

Defense side (start from open natural stance):

Any block, any counter.

Switch roles of offense and defense.



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5 KYU: BLUE BELT

KATA: Heian Yondan plus Examiner's choice of Heian 1, 2 or 3

Requirements: You must have competed in at least two Tournaments in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack.
- 4) Stepping back, back stance, knife-hand block, front leg front kick.
*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.
*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Stepping across, hook kick-change direction, repeat.
- 10) Combination: From front stance, (back leg) front snap kick, (back leg) round-house kick, reverse punch.

KUMITE (BASIC SPARRING):

Examiners Count:

Offense (start from front stance).

- *Step in punch, face level.
- *Step in punch, stomach level.
- *Front snap kick, stomach level.
- *Side thrust kick, stomach level.

Defense side (start from open natural stance):

- *Rising block, reverse punch.
- *Outside forearm block, reverse punch.
- *Down block, reverse punch.
- *Outside forearm block, reverse punch.

Switch roles of offense and defense.



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6 KYU: CANDIDATE BLUE BELT (youth)

KATA: Heian Yondan (perform to the first kiai) plus Examiner's choice of Heian 1, 2 or 3

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack.
- 4) Stepping back, back stance, knife-hand block, front leg front kick.
*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.
*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Stepping across, reverse round-house kick-change direction, repeat.

KUMITE (BASIC SPARRING):

Examiners Count:

Offense (start from front stance).

- *Step in punch, face level.
- *Step in punch, stomach level.
- *Front snap kick, stomach level.
- *Side thrust kick, stomach level.

Defense side (start from open natural stance):

- *Rising block, reverse punch.
- *Outside forearm block, reverse punch.
- *Down block, reverse punch.
- *Outside forearm block, reverse punch.

Switch roles of offense and defense.



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6 KYU: GREEN BELT

KATA: Heian Sandan plus Examiner's choice of Heian 1 or 2

Requirements: You must have competed in at least two Tournaments in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike.
- 4) Stepping back, back stance, knife-hand block.
*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.
*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Combination: From front stance, back leg round-house kick, reverse punch.
- 10) Combination: From front stance, (back leg) front snap kick stomach level step in punch, face level.

KUMITE (BASIC ONE-STEP SPARRING):

Examiners Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

Defense side (start from open natural stance):

*Rising block, counter.

*Outside forearm block, counter

*Down block, counter.

Switch roles of offense and defense.



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7 KYU: CANDIDATE GREEN BELT (youth)

KATA: Heian Sandan (perform to the first kiai) plus Examiner's choice of Heian 1 or 2

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face twice stomach.
- 2) Stepping back, rising block.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike.
- 4) Stepping back, back stance, knife-hand block.
*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.
*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Combination: From front stance, back leg round-house kick, reverse punch.

KUMITE (BASIC ONE-STEP SPARRING):

Examiners Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

Defense side (start from open natural stance):

*Rising block, counter.

*Outside forearm block, counter

*Down block, counter.

Switch roles of offense and defense.



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7 KYU: ORANGE BELT

KATA: Heian Nidan

Requirements: You must have competed in at least one Tournament in the past 12 months

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block.
- 3) Stepping forward, outside forearm block, reverse punch face level.
- 4) Stepping back, back stance, knife-hand block.
*Change to front stance.
- 5) Moving forward, front snap kick, face level.
*Turn into side stance.
- 6) Stepping across, side snap kick-change direction, repeat
- 7) Stepping across, side thrust kick-change direction, repeat.

KUMITE (BASIC THREE-STEP SPARRING): No Count

Offense (start from front stance).

*Step in punch, face level, three times.

Defense (start from open natural stance).

*Step back, rising block, counter after third attack.

Offense (start from front stance).

*Step in punch, stomach level, three times.

Defense (start from open natural stance).

*Step back, outside forearm block, counter after third attack.

Switch roles of offense and defense.



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8 KYU: CANDIDATE ORANGE BELT (youth)

KATA: Heian Nidan (perform to the first kiai)

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block.
- 3) Stepping forward, outside forearm block.
- 4) Stepping back, back stance, knife-hand block.
*Change to front stance.
- 5) Moving forward, front snap kick, face level.
*Turn into side stance.
- 6) Stepping across, side snap kick-change direction, repeat

KUMITE (BASIC THREE-STEP SPARRING): No Count

Offense (start from front stance).

*Step in punch, face level, three times.

Defense (start from open natural stance).

*Step back, rising block, counter after third attack.

Offense (start from front stance).

*Step in punch, stomach level, three times.

Defense (start from open natural stance).

*Step back, outside forearm block, counter after third attack.

Switch roles of offense and defense.



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8 KYU: YELLOW BELT

KATA: Heian Shodan

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block
- 3) Stepping forward, outside forearm block
- 4) Stepping back, back stance, knife-hand block.
*Change to front stance.
- 5) Moving forward, front snap kick, face level.
*Turn into side stance.
- 6) Stepping across, side snap kick-change direction, repeat.

KUMITE (BASIC THREE-STEP SPARRING): Examiners Count

Offense (start from front stance).

*Step in punch, face level, three times.

Defense (start from open natural stance).

*Step back, rising block, counter (reverse punch) after third attack.

Offense (start from front stance).

*Step in punch, stomach level, three times.

Defense (start from open natural stance).

*Step back, outside block, counter (reverse punch) after third attack.

Switch roles of offense and defense.



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9 KYU: CANDIDATE YELLOW BELT (Youth)

KATA: Heian Shodan (Perform to the first kiai)

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block
- 3) Moving forward, front snap kick, face level.

KUMITE (BASIC THREE-STEP SPARRING): Examiners Count
Offense (start from front stance).

*Step in punch, face level, three times.

Defense (start from open natural stance).

*Step back, rising block, counter (reverse punch) after third attack.

*Switch roles of offense and defense.



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YELLOW STRIPE (youth)

KATA: Taikyoku Shodan on your own

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3 times
3. C-step, down block, forward 3 times
4. C-step, inside block, backward 3 times
5. C-step outside block, forward 3 times
6. Knife hand block, backward 3 times
7. Back leg front kick, forward 5 times
8. Stationary back leg back kick 3 times each leg
9. Stationary reverse punch, 3 times each arm
10. Stationary lead leg hook kick, 3 times each leg
11. Back leg round kick, forward 5 times
12. Shuffle reverse punch, forward 3 times each arm
13. Side fighting stance, cross over step, side snap kick, 3 times, change other way 3 times

KARATE Q & A: KNOW THE FOLLOWING KARATE TERMS:

Mae Geri = Front kick, Ushiro Geri = Back kick, Mawashi Geri = Round kick,
Yoko Geri Keage = Side snap kick, Oi Zuki = C-step front punch,
Gyaku Zuki = Reverse punch

Basic knowledge

Dojo – name of the place where we do karate; When do we bow; Name of our school;
What kind of karate do we take? ; Where is Shotokan karate from?; What are the two flags
in the dojo; Sensei – Teacher; Gi: Karate Uniform; Seiza: sit ; Shizentai: Natural position;
Who is Sensei Gichin Funakoshi



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ORANGE STRIPE (youth)

KATA: entire Taikyoku Shodan by Instructor's count

FOOT WORK: C-step forward 3 times-backward 3 times-Shuffle Step forward 3 times-backward 3 times change and repeat-Cross over step from Side fighting stance 3 times-change other way 3 times-Lunge step 3 times-other leg 3 times

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3 times
3. C-step, down block, forward 3 times
4. C-step, inside block, backward 3 times
5. C-step outside block, forward 3 times
6. Knife hand block, backward 3 times
7. Back leg front kick, forward 5 times
8. Stationary back leg back kick 3 times each leg
9. Stationary reverse punch, 3 times each arm
10. Back leg round kick, forward 5 times
11. Shuffle reverse punch, forward 3 times each arm
12. Side fighting stance, cross over step, side snap kick, 3 times, change other way 3 times

COMBINATION: Lunge step-w/ lead punch-head level (Jodan), Reverse punch- body level (chudan) 3 times each side.

KARATE Q & A: Know how to count 1-10 in Japanese:

Ichī – Ni – San – Shi – Go – Roku – Shichi – Hachi – Ku – Ju



WARWICK
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BLACK STRIPE (youth)

KATA: Taikyoku Shodan to the first kiai by Instructor's count

FOOT WORK: C-step forward 3 times-backward 3 times-Shuffle Step forward 3 times-backward 3 times change and repeat-Cross over step from Side fighting stance 3 times-change other way 3 times-Lunge step 3 times-other leg 3 times

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3times
3. C-step, down block, forward 3 times
4. C-step, inside block, forward 3 times
5. C-step, outside block, forward 3 times
6. Back leg front kick, forward 5 times
7. Stationary back leg back kick 3 times each leg
8. Stationary reverse punch, 3 times each arm
9. Back leg round kick, forward 5 times
10. Shuffle reverse punch, forward 3 times each arm
11. Side fighting stance, cross over step, side snap kick, 3 times, change other way 3 times

KARATE Q & A: Know your parents First and Last names.
Know how to spell your last name.



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WHITE 1 STRIPE (youth)

FOOT WORK: C-step forward 3 times- backward 3 times

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. Back leg front kick, forward 5 times
3. Blocking in place: rising block, down block, inside block, outside block and knife hand block
4. Nature Stance, horse riding stance, block foot stance, front stance, and back stance

WHITE 2 STRIPES (youth)

FOOT WORK: C-step forward/backward; shuffle step forward/backward

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3times
3. C-step, down block, forward 3 times
4. Back leg front kick, forward 5 times
5. Front leg front kick in place
6. Stationary reverse punch, 3 times each arm

WHITE 3 STRIPES (youth)

FOOT WORK: C-step forward/backward; Shuffle Step forward/backward change and repeat;
Cross over step from Side fighting stance change other way

KIHON (BASICS):

1. C-step, front punch, forward 3 times
2. C-step, rising block, backward 3times
3. C-step, down block, forward 3 times
4. C-step, inside block, forward 3 times
5. C-step, outside block, forward 3 times
6. Back leg front kick, forward 5 times
7. Stationary back leg back kick 3 times each leg
8. Stationary reverse punch, 3 times each arm
9. Back leg round kick, forward 5 times
10. Shuffle reverse punch, forward 3 times each arm

KARATE Q & A: Know the founder of our style is Sensei Funakoshi.