

SKDA Traditional Karate

Level 1st Dan - Black Belt (Shodan Ho + Shodan)

Grading Material

This is the 1st level of Black Belt under the SKDA grading syllabus material for schools and clubs, each level is tested and awarded according to the knowledge and understanding of the student.

Syllabus Required:

Lower Block - Gedan Barai - Uchi Uke - Kizama Tsuki - Gyaku Tsuki

Upper Block - Age Uke - Soto Uke - Gedan Barai - Uchi Uke - Kizama Tsuki - Gyaku Tsuki

Outside Block - Soto Uke - Empi Uchi - Uraken - Gyaku Tsuki - Gedan Barai

Inside Block - Uchi Uke - Kizama Tsuki - Gyaku Tsuki - Gedan Barai

Knife Hand Block – Shuto Uke - Mae Geri - Nukite

Sliding Jab Punch - Kizami Tsuki - Uraken - Gyaku Tsuki - Gedan Barai

Rib Elbow Strike - Chudan Empi - Uraken - Gyaku Tsuki - Gedan Barai

Kick Combination - Mae Geri - Yoko Geri - Mawashi Geri - Ushiro Geri - Uraken - Gyaku Tsuki

Kata (Choose 2)

- Bassai Dai
- Bassai Sho
- Empi
- Jion

Compulsory

* All Heian Katas

* Bunkai and Explanation from chosen Kata
