



Shodan-Ho to Shodan

Level 1

Theme: Kamae (Fighting Posture)

Prerequisites for this rank:

Breakfalls, Kihon, 2-way action, Kiai (spirit), Proper use of Force/Tap out

White Stripe Kihon (Basics)/ Drills

- Demonstrate Basic Takedown (Grab Lapel, spiral down to 1 knee) & Chokes (Hadaka Jime-from behind, no Gi, use Thumb), Juji-Jime (From front w/ Gi, cross hands)
- Demonstrate 1 Hand Push Hands & Yakusoku #1 from the book "Essence of Okinawan Karate-Do"

Orange Stripe Kata (form)

- [Pinan Yondan](#)
- Bunkai a piece of [Pinan Godan](#)

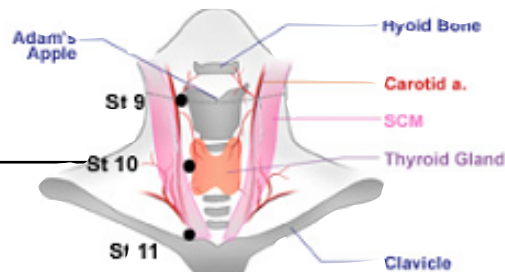
Gold Stripe Principles/ Background/ Culture

- Explain the principle of Balance, e.g. keep your Balance, but get your opponent off balance.
- Explain Strength & Weaknesses of Balance, as it pertains to an opponent's
 - Chin, hip shoulders, knees, feet, elbow etc.

Extra Credit: Upper Body Dynamics, i.e., ripping

Purple Stripe Conditioning/Self Defense/Pressure Points

- Show location of **ST9**
 - **Location:** It is level with the Adam's apple, at the crease of the neck muscle, next to the Adam's apple.
 - **Method:** Strike with a penetrating blow on a 45-degree angle into the neck or push in with the thumb or fingertip to the throat, next to Adam's Apple (Can use Fingers, Shuto, Ridge-hand, Punch, or Elbow)
- Show location of **ST11**
 - Corner of Collarbone (Use your Fingers)
 - **Location:** It is in the front corner of the collarbone, next to the sternal notch.
 - **Method:** Rub with a fingertip in at an angle and down to make an opponent pull back.
- Physical Fitness Req. – Can still do Shodan Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks



Shodan-Ho to Shodan Level 1 6 Months

- All Level 1 Requirements