



# Power Karate Academy

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## Testing Requirements to Obtain Shodan (Black Belt)

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- I. Kata:**
1. Select one of the following katas:  
Tekki Sandan, Bassai Dai, Jion, Enpi, Kanku Dai, Hangetsu, Jitte or Gankaku
  2. Demonstrate kata selected by examiner from Heian Shodan–Heian Godan, & Tekki Shodan

**II. Kihon:**

Note: (Each sequence to be performed three times)

1. Stepping Forward: Zenkutso-dachi - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: Zenkutso-dachi - Jodan Ageuke, Chudan Kizame Maegeri, Gyakzuki
3. Stepping Forward: Zenkutso-dachi - Chudan Soto Udeuke, Kiba-dachi - Enpiuchi, Jodan Tate Urakenuchi, Zenkutso-dachi - Chudan Gyakuzuki.
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Kizame Maegeri, Zenkutso-dachi - Nukite
5. Stepping Forward: Zenkutso-dachi - Chudan Uchi Udeuke, same arm Jodan Kizame zuki, simultaneously Chudan Kizami Maegeri, Gyakuzuki.  
MAWATTE
6. Stepping Forward: Zenkutso-dachi - Maegeri Rengeri: Chudan Kizame Maegeri X1, Jodan Maegeri X1  
MAWATTE
7. Stepping Forward: Zenkutso-dachi – Mawashigeri Rengeri: Chudan Kizame Mawashigeri X1, Jodan Mawashigeri X1
8. Left & Right Side: Kiba-dachi - Jodan Yoko Keage
9. Left & Right Side: Kiba-dachi - Chudan Yoko Kekomi
10. Stepping Forward: Zenkutso-dachi – Chudan Kizami Yoko Kekomi, Mawashigeri, Gyakuzuki  
MAWATTE
11. Stepping Forward: Zenkutso-dachi - Chudan Kizami Mawashigeri, same leg Yoko Kekomi, Oizuki.
12. No Movement: Zenkutso-dachi - Jodan Maegeri to front, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side, Chudan Mawashigeri to front.
13. Control Test: Zenkutso-dachi - Gyaku zuki to target moving up & down & side-to-side, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki

**III. Kumite – Jiyu Ippon Kumite - (Semi Free Sparring)**

1. Attack Side: Jodan Tsuki
2. Attack Side: Chudan Tsuki
3. Attack Side: Chudan Maegeri
4. Attack Side: Chudan Ushirogeri
5. Attack Side: Chudan Yoko Kekomi



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- I. Kata:**
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  2. Demonstrate kata selected by examiner from Heian Shodan–Heian Godan, & Tekki Shodan

**II. Kihon:**

Note: (Each sequence to be performed three times)

1. Stepping Forward: Front Stance - One Step 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: Front Stance - Rising Block, Stomach Level Front Leg Front Kick, Reverse Punch.
3. Stepping Forward: Front Stance - Stomach Level Outside Block, Shifting into Straddle Leg Stance - Elbow, Face Level Vertical Back Fist, Stomach Level Reverse Punch.
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block, Front Leg Front Kick, Shifting into Front Stance - Spearhand
5. Stepping Forward: Front Stance – Stomach Level Inside Forearm Block, same arm Face Level Jab, simultaneously Stomach Level Front Leg Front Kick, Reverse Punch.  
TURN AROUND
6. Stepping Forward: Front Stance - Double Front Kick: Stomach Level Front Leg Front Kick X1, Face Level Front Kick X1  
TURN AROUND
7. Stepping Forward: Front Stance – Double Roundhouse Kick: Stomach Level Front Leg Roundhouse Kick X1, Face Level Roundhouse Kick X1
8. Left & Right Side: Straddle Leg Stance - Face Level Side Snap Kick
9. Left & Right Side: Straddle Leg Stance - Stomach Level Side Thrust Kick
10. Stepping Forward: Front Stance - Stomach Level Front Leg Side Thrust Kick, Roundhouse Kick, Reverse Punch.  
TURN AROUND
11. Stepping Forward: Front Stance - Stomach Level Front Leg Roundhouse Kick, Same leg Side Thrust Kick, Lunge Punch.
12. No Movement: Front Stance - Face Level Front Kick to front, Side Snap Kick to side, Stomach Level Side Thrust Kick to side, Roundhouse Kick to front.
13. Control Test - Examinee from Zenkutsu-dachi executes Gyakuzuki to target moving up and down & side-to-side held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki.

**III. Kumite – Jiyu Ippon Kumite - (Semi Free Sparring)**

1. Attack Side: Face Level Punch
2. Attack Side: Stomach Level Punch
3. Attack Side: Stomach Level Front Kick
4. Attack Side: Stomach Level Back Kick
5. Attack Side: Stomach Level Thrust Kick