

**WEST COAST SHOTO KAN KARATE - DO ASSN. INTERNATIONAL
& WORLD FEDERATION OF KARATE - DO ORGANIZATIONS**



SCHOOLS IN U.S.A, MEXICO, EUROPE,
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**Shihan Ed Hamile (1923-1999)
Shihan Shalom Avitan – Chief Examiner
1st Dan (Shodan) Examination Procedures**

KIHON:

Last attack every set with KIAI.

Hand Techniques – By Agime

Yoi... Gedan Barai right leg step back

5 Times

- FORWARD: GEDAN BARAI, GYAKO ZUKI Down Block, Reverse Punch [stomach].
- BACK: SAN BAN ZUKI [jodan, chudan, gedan] Forward Lunging Punch [face, stomach, lower stomach].
- FORWARD: AGE UKE, URAKEN UCHI, GYAKO ZUKI Rising Block, Back Fist Strike (same hand) and Reverse Punch [stomach].
- BACK: SOTO UKE (*zenkutsu dachi*), YOKO EMPI, URAKEN UCHI (*kiba dachi*) GYAKO ZUKI [chudan] (*zenkutsu dachi*) Outside Block (forward stance), Elbow Strike, Back Fist Strike (side stance) and Reverse Punch [stomach] (forward stance).
- FORWARD: UCHI UKE, KIZAMI ZUKI [jodan] GYAKO ZUKI [chudan] Inside Block, Jab Punch [face] and Reverse Punch [stomach].
- BACK: SHOTO UKE (*kokutsu dachi*), NIDAN MAE GERI KEAGE; NUKITE [chudan] (*zenkutsu dachi*) Knife-Hand Block (back stance), Front Leg Snap Kick [stomach], Back Leg Snap Kick [face]; Finger Thrust [stomach] (forward stance)... **Yame**

Combined Techniques – By Agime

Yoi... Gedan Barai right leg step back

2 Times - Forward, Turn & Back:

OI ZUKI [jodan], drawing back AGE UKE, GYAKO ZUKI [chudan], forward MAE GERI KEAGE [chudan], forward MAWASHI GERI KEAGE [jodan], forward URAKEN UCHI, forward SHOTO UKE (*kokutsu dachi*), forward GEDAN BARAI, MAITE, again, MAITE, ... **Yame**.

Kicking Techniques – By Agime

Yoi... Gedan Barai right leg step back

(In the end of each set, MAITE with GEDAN BARAI)

5 Times

- FORWARD: MAE GERI KEAGE [chudan], GYAKO ZUKI [chudan] Front Snap Kick [stomach], Reverse Punch [stomach] **MAITE**.
- BACK: NIDAN GERI KEAGE (*MAE ASHI, URA ASHI*) - KIZAMI MAE GERI KEAGE [chudan], HIDARI MAE GERI KEAGE [jodan] Double Kick - Front Leg Front Snap Kick [stomach] and Back Leg Front Snap Kick [Face] **MAITE**.

3 Times

- FORWARD: NIDAN GERI - MAE GERI KEAGE [chudan] (*kawaru*) YOKO GERI
- **KEKOMI [chudan]**
Double Kick - Front Snap Kick [stomach] (change legs) Side Thrust Kick [low] **MAITE**.

1st Dan (Shodan) Examination Procedures**5 Times**

- **BACK: NIDAN GERI - MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] UNAGI ASHI**
Roundhouse Snap Kick [face], Side Thrust Kick [low] - same leg *MAITE*.
- **FORWARD: USHIRO GERI KEKOMI [chudan]** Back Thrust Kick [stomach] *MAITE*.

3 Times

- **BACK: MAE NIDAN TOBI GERI KEAGE** Double Flying Front Snap Kicks *MAITE*.

1 Time

FORWARD, TURN & BACK: MAE GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], MAWASHI GERI KEAGE [jodan], USHIRO GERI KEKOMI [chudan], OI ZUKI [chudan] Each forward, *MAITE, Yame*

Yoi... Kiba Dachi Stance - Gedan Barai right leg step back

3 Times

- **FORWARD: YOKO GERI KEAGE [chudan] (kawaru) YOKO GERI KEKOMI [chudan]**
Side Snap Kick [low] (change legs) Side Thrust Kick [low] *MAITE*.
- **BACK: YOKO GERI KEKOMI [chudan] (kawaru) YOKO GERI KEAGE [chudan]**
Side Thrust Kick [low] (change legs) Side Snap Kick [low] *MAITE. Yame*

Balance Kicking Techniques

Yoi ...Gedan Barai right leg step back; start by "Agime" until told to "Yame"

MAE GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], USHIRO GERI KEKOMI [chudan] UNAGI ASHI – Front Snap Kick [stomach], Side Thrust Kick [low] *to the side*, Back

Thrust Kick [stomach] to the back - same leg, without lowering the kicking leg and without moving the other. (After "Yame" change legs and repeat).

Controlled Punching

Yoi ...Gedan Barai right leg step back; start by "Agime" until told to "Yame"

Use **URA ZUKI, TATE ZUKI & GYAKO ZUKI** according to distance from target.

(After "*Yame*" change legs and repeat).

KATA:

- **HEIAN NIDAN, SANDAN, YONDAN & GODAN** – By random order.
- **TEKKI SHODAN, NIDAN & SANDAN** – By random order.
- **Black Belt Kata: BASSAI DAI or KANKU DAI.**

KUMITE:**Casts (Throws)**

One step attack with *KIAI*, an adequate block combined with throwing down Attacker to the ground (within 2 seconds) and counter attack with *KIAI*.

Bow, Attacker Gedan Barai right leg step back with *KIAI*, Defender stays at *Yoi*.

Attacks (each 1 time):

1. [jodan] **OI ZUKI.**
2. [chudan] **OI ZUKI.**

*** 5 times, 2 minutes Free Sparring (JIYU KUMITE) - each Vs. a different *KARATEKA* (altogether 10 minutes in a row).**

Good Luck!

Shihan Shalom Avitan – Chief Examiner

Respect - but fear no man