

Victor Young's
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT

Dan Requirements

-KIHON-

HAND TECHNIQUES - Forward & backward

Step back with right leg & gedan barai into kamae dachi

6 time each:

- A. Sanbon Zuki - Oi Zuki jodan (sochin), Gyaku Zuki chudan (zenkutsu), Kizami chudan (sochin)**
- B. Step back Age Uke, Ude Uke, Gedan Barai (same arm) & Gyaku Zuki**
- C. Shift in Kizami jodan, Gyaku Zuki jodan, step in Gyaku Zuki chudan**
- D. Shift back Gedan Barai, step back Gedan Kake Uke, Uraken jodan, Gyaku Zuki chudan**
- E. Shift in Gyaku Zuki chudan, Ashi Barai, step in Gyaku Zuki**
- F. Step back Shuto Uke, Nidan Mae Geri, Nukite chudan**
- G. Shift in Uraken jodan, step in Oi Zuki jodan, Gyaku Zuki chudan**
- H. Step back Nagashi Uke jodan, Gedan Barai (same arm) & Gyaku Zuki**

KICKING TECHNIQUES - Forward, turn & back

Step back with right leg & gedan barai into kamae dachi

4 sets each changing legs:

- A. Kizami Mae Geri gedan, Mae Geri Keage chudan, Mae Geri Kekomi jodan, Gyaku Zuki chudan**
- B. Mae Nidan Tobi Geri, Kizami jodan, Gyaku Zuki chudan**
- C. Mae Geri Kekomi chudan, Mawashi Geri jodan, Gyaku Zuki chudan**
- D. Yoko Geri Keage jodan, Yoko Geri Kekomi chudan, Gyaku Zuki**
- E. Mawashi Geri jodan or chudan, Ushiro Geri chudan, Gyaku Zuki**
- F. Ushiro Geri Kekomi, Mae Geri Kekomi, Gyaku Zuki**
- G. Mikazuki Geri, Mae Kekomi, Yoko Kekomi, Mawashi, Ushiro Kekomi, Made Nidan Tobi Geri, Oi Zuki, Gyaku Zuki**

COMINATION KICKS: Keep kicking with same leg in place until “yame” is called, then change legs Me Geri Keage, Yoko Geri Kekomi, Mawashi Geri & Ushiro Geri Kekomi

Controlled Punching - move around in free style w/ kizami, gyaku zuki, ura zuki, tate zuki, oi zuke and uraken until “yame” is called

Controlled Kicking - move around in free style w/mae geri, yoko geri, mawashi geri and ushiro geri until “yame” is called

Combination Techniques: (1 set forward, turn & 1 set back)

Step forward Oi Zuki chudan, step back Age Uke, step forward Mae Geri Kekomi chudan, Mawashi Geri chudan, step forward Uraken jodan, step forward Shuto Uke, step forward Gedan Barai & Gyaku Zuki

-Question & Answers-

Examinees will be asked specific questions by judging panel

Victor Young's
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
Dan Requirements

-KATA-

Perform at random as soon as kata is announced, do not repeat:

Heian Shodan through Godan
Tekki Shodan through Sandan
Favorite Advanced Kata

-KUMITE-

Jyu Kumite 10 minutes with 5 opponents at 2 minutes each
Jyu Ippon Kumite may be substituted in lieu of jyu kumite for older examinees