

SHODAN - 1ST DAN

Fitness

12 Mile Run
50 x Press Ups
50 x Sit Ups
50 x Leg Raises
50 x Burpees
This is a basic fitness requirement and is likely to be repeated during the candidate's grading.

General Knowledge

Advanced Anatomy
(Pressure Points)

Bujutsu

Defence Against
Attackers with Random
Weapons:

Nage Waza

30 x Straight Throws
with Technical Finish

Nage Waza

10 x Combination
Throws of Candidates
Choice

Yomoku Fukushu

All Techniques
Randomly Selected
From Each Previous
Belts.

Kumite

Defence Against
Multiple Attackers
(With Shodan Ho or
Above)

Ne Waza

Multiple 1 Minute
Rounds (With Shodan
Ho or Above)

Open Forum

Q & A Session from
Grading Panel & Ukes

Grading Examination

Revision 13: 31/08/2025

The Candidate MUST have a proven history of classroom assistance of at least 12 months prior to their application to grade.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.