

SHODAN - HO

Fitness

6 Mile Run

45 x Press Ups

45 x Sit Ups

45 x Leg Raises

45 x Burpees

This is a basic fitness requirement and is likely to be repeated during the candidate's grading.

General Knowledge

Uchi Kata:

Use of various striking techniques around body.

Bujutsu

Revision of Weapons from All Previous Belts:

- 1) Kubaton
- 2) Straight Baton
- 3) Side Handle Baton
- 4) Knife Defence
- 5) Tactical Knife
- 6) Pistol Defence

Nage Waza

10 x One Handed Throws of candidates choice.

Counter to Multiple Attacks:

3 x 2 Man Attacks.

2 x 3 Man Attacks.

Nage Waza

Counter Techniques to Selected Throws:

3 x Hip Throws.

2 x Body Drop Throws.

1 x Half Shoulder.

1 x Shoulder Wheel.

Yomoku Fukushu

All Techniques Randomly Selected From Each Previous Belts.

Kumite

Multiple 1 Minute Rounds of Kumite (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.