

FSK Rank Requirements

Shodan (Black Belt)

KIYON WAZA (Basic Techniques)

Show the following stances: Any at Examiners request

Te Waza (Hand Techniques)

- Punch in place from kiba dachi (x100)
- Kizami Zuki, Gyaku Zuki (x10, then switch legs)

Waza (Technique)	Dachi (Stance)	Direction of movement
Sanbon Oizuki (Triple punch)	Zenkutsu	Forward & Backward
Shuto Uke, Mae Geri, Nukite	Kokutsu > Zenkutsu	Forward
Uchi Uke, Enpi Uchi, Gyaku zuki	Zenkutsu > Kibadachi, Zenk	Backward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Mae geri Chudan, Mae geri Jodan (same leg)	Zenkutsu	Forward
Mae geri, Yoko geri kekomi (same leg)	Zenkutsu	Forward
Mawashi geri, Ushiro geri (same leg)	Zenkutsu	Forward
Yoko geri kekomi, Ushiro geri (same leg)	Zenkutsu	Forward
Mae geri + Gyaku Zuki	Zenkutsu	Forward

KATA (Forms)

All Sentei Gata	Bunkai for 4 kata sequences for any Heian kata 1-5 or Tekki Shodan, Bassai Dai, Jion, Kanku Dai, or Enpi
-----------------	--

KUMITE:

5 Step Semi-Free Sparring (5 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri, Yoko Kekomi, Ushiro Geri)
Jiyu Kumite (free sparring)
Kakie with movement & switch hands + Kuzushi

Self-Defense

Knee Throw
Arm wrap + strikes
Irimi Nage (Entering throw)
Kotegaeshi (wrist throw)
Shihonage (Four directions throw)
Ikkyo
Nikkyo
Sankyo
Escape from ground mount
Escape from guard
Escape from bear hug
Escape from rear hand grab
Tackle Take Down

ADDITIONAL

40 pushups - 10 regular, 10 wide, 10 narrow, 10 clap
 200 squats
 60 lunges
 30 Burpees + star jump
 3 minute planche
 1 minute V-up hold
 Side Split
 Front Split
 Front Stretch, feet together, seated (toe touch)
 Cobra Stretch
 Pigeon Stretch
 Hurdlers Stretch
 1 mile run for time
 Agility Ladder Basics