



Student Curriculum Shodan Black Belt

Version History

Date Updated	Version	Comments	Changed By
2022-05-30	3.0	Updated kobudo kata	Shawn Burlew
2018-08-31	2.0	Updated kata	Shawn Burlew
2016-03-09	1.0	First version	Shawn Burlew

Shodan Black Belt (1st Degree)

Kihon	Kata & Bunkai	Partner Drills
Ju Jutsu	Shotokan	Self-defense
Elbow/shoulder flow	Jitte (Ship Soo)	Create 10 bunkai
Fight sequence 1	Tekki Nidan (Chulgi 2)	Sparring
Body Conditioning	Kanku Dai	Sticky hands
	Shorin Ryu	
	Ananku	
	Seisan	
	Kobudo	
	Suoshi no Kun Ichi (Bo 3)	