



Student Curriculum (Shodan Black Belt)

Version History

Date Updated	Version	Comments	Changed By
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	Breaking
Fundamentals	Chung Do Kwan	Self-defense	Kata Break
Body conditioning	Jitte (Ship Soo)	Create 10 bunkai	Power Break (Arm)
Ju jutsu	Tekki Nidan (Chulgi 2)	Sparring	4 wood boards
Elbow/shoulder flow	Shotokan	Sticky hands	Power Break (Leg)
Fight sequence 1	Kanku Dai		4 wood boards
	Shorin Ryu		
	Ananku		
	Seisan		
	Kobudo		
	Cho Un No Kon (bo 2)		