



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)	Sparring	Power Break (Arm)
Kicks	Tekki Nidan (Chulgi 2)	Sticky hands (level 1)	4 wood boards
Jump front kick	Shotokan		Power Break (Leg)
Jump side kick	Tekki Sandan		4 wood boards
Combos	Pick one: Ji'in, Kanku Dai, Meikyo		
	Shorin Ryu		
	Pick one: Ananku, Seisan, Wanchin		
	Kobudo		
	Cho Un No Kon (bo 2)		
	Suoshi No Kun Ichi (bo 3)		