



Fields' United House of Karate



Black -- Shodan

Friday, March 15, 2019

Fields' Karate

POINTS

Judge: _____

1-6

Comments

KATA

Heian Shodan		
Heian Nidan		
Heian Sandan		
Heian Yondan		
Heian Godan		
<i>Pion Shodan</i>		
<i>Taikyoku Shodan</i>		
<i>Taikyoku Nidan</i>		
<i>Taikyoku Sandan</i>		
Tekki Shodan		
Tekki Nidan		
Tekki Sandan		
Ananku		
Jutte		
Empi		
Sanchin (With Beating)		
Bassai Dai		
Kanku Dai		
Weapon Kata I (Bo Staff)		
Weapon Kata II (Choice)		
Weapon Kata III (Choice)		



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KICKS

Front Snap Kick		
Front Leg Roundhouse Kick		
Back Leg Roundhouse Kick		
Side Thrust Kick		
Spinning Side Thrust Kick		
Fade-Away Side Thrust Kick		
Flying Side Thrust Kick		
Dropping Side Thrust Kick		
Side Snap Kick		
Front Thrust Kick		
Back Kick		
Spinning Back Kick		
Outside Crescent Kick		
Inside Crescent Kick		
Spinning Inside Crescent Kick		
Knee Strike		
Hook Kick		
Spinning Hook Kick		
Returning Wave Kick		
Axe Kick		
Bicycle Kick		
Stomp		
Reverse Front Snap Kick		



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BLOCKS

Knife Hand Block		
Head Block		
Mid Block		
Down Block		
Outside Forearm Block		
Forearm Block		
Double Forearm Block		
Perry		
Arm Block		
Reinforced Mid Block		
U-Block		
Elbow Block		
Pressing Block		
Knee Block		
X-Block		
Palm Heel Block		
Wedge Block		
Trapping Block		
Punching Block		
Scooping Block		
Chicken Neck Block		



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STRIKES

Front Punch		
Reverse Punch		
Double Punch		
One Knuckle Punch		
Back Fist Strike		
Spinning Back Fist Strike		
Inside Shuto Strike		
Outside Shuto Strike		
Ridge Hand Strike		
Upper Cut Punch		
Hammer Fist Strike		
Spinning Hammer Fist Strike		
Spear Hand Strike		
Oxjaw Strike		
Palm Heel Strike		
Elbow Strike		
Cross-Body Punch		
Lunge Punch		
Hook Punch		
U-Punch		
Side Thrust Punch		
Bent Wrist Strike		
Two Finger Eye Gouge		
One Finger Thrust Strike		

STANCES

Formal Attention Stance		
Feet Together Stance		
Forward Natural Stance		
Straddle-Leg Stance		
Back Stance		
Cat Stance		
Immovable Stance		
Hour Glass Stance		



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SELF DEFENSE

Same Side Wrist Grab		
Opposite Side Wrist Grab		
Double Wrist Grab		
Double Wrist Grab at Chest		
Reverse Wrist Grab		
(3) Choke Defenses		
Hair Grabs		
Bear Hug		
Waist Grabs		
Two Person Arm Grab		
Knife		
Stick		
Gun		
Pins		
Sleeper Headlock		
Side Headlock		

ONE POINTS

20 - Advanced One Points		
10 - One Points from Kata		

JUDO & AIKIDO

Falls (Back & Side)		
Rolls (Front & Back)		
Front Ankle Sweep		
Back Leg Sweep		
Hip Throw		
Shoulder Throw		
Arm Bars		
Python		
Choke Holds		
Tackle Throw		
Scissor Take Down		
Dragon Tail Sweep		
Outside Wrist Lock/Throw		
Inside Wrist Lock/Throw		



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KUMITE

2-Opponent Kumite		
Randori		
Jiyu Kumite/Randori		
Jiyu Kumite (Round Robin)		

BREAKS

3 - Foot Techniques (1 Board)		
2 - Hand Techniques (1 Board)		
1 - Open Hand Technique (1 Board)		
1 - Foot Technique (2 Boards)		
1 - Hand Technique (2 Boards)		
1 - Hand Speed Break (1 Boards)		
1 - Choice Technique (3+ Boards)		

KNOWLEDGE

Style of Karate		
Founder		
Country of Origin		
Japanese Counting to 50		
Shotokan Creed		
Terminology - Stances		
Terminology - General		
Essay: "What Karate Means to Me"		
Translation - Kata Names		

DEDICATION

Min. 6 Mos. as Brown Belt II		o Yrs, 6 Mos, o Days
Teach 1 Full Beginners' Class		
Teach 1 Full Advanced Class		

FITNESS

50 Push-Ups		
100 Crunches		
50 Squat Thrust Kicks		
50 Jack Knives		
2 Minute Six Inch Leg Lift		
2 Minute Planking		



April 3, 2021

Essay: What Karate Means to Me

Required for Shodan, Black Belt

In addition to the skill requirements for Shodan, you are asked to write an essay on what Karate means to you personally.

Your assignment is to express what Karate training has meant to you in a succinct and clear manner. Aspects to discuss include character development, professional influence, physical fitness effects, emotional and psychological benefits, defensive capabilities, and inter-personal relationships. Karate is not just an activity but a lifestyle beyond the dojo. Explain how this has proven true for you.

You are encouraged to use pertinent quotes and references to support and explain your points. This is an explanatory essay, not persuasive or otherwise. Such quotes and references ought to be cited in endnotes in a manner sufficient to allow an instructor to find the source of the reference.

The essay is expected to be type-written and provided in an electronic format (i.e. Microsoft Word or equivalent). The font selected ought to be 12 point and easily legible. Spacing is to be 1.25 lines between with double returns between paragraphs.

Proper English grammar is expected for communications' sake, though grammar will not be directly graded. A clear structure for the essay ought to be evident, clear, and easily followed. Providing an outline with the essay as an appendix will be helpful and appreciated, though not required. Such an outline will not count toward the page count requirements.

This essay requires a minimum of three full pages to adequately explain what Karate means to you. But it is not to exceed ten pages for brevity's sake.

A final submission is due one week prior to the test date. You are welcomed to submit drafts for review and feedback prior to the final submission.