

Question:

What should a brown-belt student do to prepare for testing for black belt?

Answer:

There is no special regimen required to advance to shodan. As Okazaki Sensei always explains at the end of every examination, whether it is a kyu or dan exam, "It's only training." Preparing for shodan is no different than any other exam, except students bring the totality of the experience they acquired while progressing through the ranks. It boils down to being able to perform kihon, kata and kumite at a higher level. The results of training are accumulative and progress is relative to the quality and the amount of time devoted to training.