

Shin-gi-tai Karate Club

Grading Examination – 10kyu to 9kyu

Kihon Waza (BASIC Techniques):

Basic techniques are tested in a linear and 6 point embusen form as exercised in class

Techniques tested in this manner may be any of oi-zuki, soto-uke, uchi-uke, jodan age-uke and gedan barai

Impact Techniques:

Mae geri and oi-zuki will be tested from both sides by striking a shield held.

Self Defence:

The following techniques will be demonstrated with a partner;

1. Use outside block to deflect a grab to your gi front.
2. Use inside block to break a cross body hold on your upper arm.
3. Use lever action to break throat hold.
4. Use wrist rotation to get out of double wrist hold.
5. Rotate around same side wrist grab.

Kyusho:

Students are expected to know the basics of kyusho in terms of;

1. How many main meridians.
2. Difference between organ and central meridians.

Knife Threat Defence:

Technique #1 – Strike to back of hand

Kata:

Students must perform the Kihon kata. (Taikyoku Shodan)

Nage waza (Throwing Techniques):

Students will be expected to perform the Byōbudaoshi technique.

Terminology:

Students are expected to understand the following Japanese terms;

Oi-zuki	-	Stepping in punch
Jodan age-uke	-	Rising block
Soto-uke	-	Outside block
Uchi-uke	-	Inside block
Gedan-barai	-	Lower block
Mae-geri	-	Front snap kick
Yoi	-	Ready position
Heiko-dachi	-	Parallel stance (used in Yoi)
Rei	-	Bow
Msubi-dachi	-	Feet together (attention) stance (used in Rei)
Zenkutsu-dachi	-	Front stance
Chudan no kamae	-	Guard position (used in mae-geri)