

Shin-gi-tai Karate Club

Grading Examination – 1kyu to Shodan

BASIC Techniques:

1. By this stage of the student's development he/she should be able to perform any combinations of any techniques on demand. This can be either on the embusen or a straight line. Ju dachi stances are expected rather than the extended training stances from previous

Impact Techniques:

1. As per 1kyu..

Stances:

1. Explain and demonstrate all the stances used within the syllabus. Consider balance, purpose, strengths and weaknesses..

Kyusho:

1. Explain one meridian chosen by the examiners. They will be selected from those taught in the lessons.

Self Defence:

1. Demonstrate response to any of the syllabus knife threats..
2. Demonstrate response to any form of physical unarmed attack as chosen by the examiners.
3. Disarm and restrain an attacker using a short stick..

Kata:

1. Present favourite kata in both performance and application using partners. Some knowledge of the kata history is also expected.
2. Teach the grading panel how to perform a kata of their choice by explaining how each technique is performed, the timing of techniques, balance, etc. Perform the kata to reinforce teaching

Written Evidence:

Produce a 5 page document on your journey to Shodan and how you plan to develop your karate in the future. Indicate areas of interest within personal and club environments and how you plan to develop them.

Terminology:

1. All Japanese terms used in the lessons are expected to be understood.
2. Understanding the meaning of each kata name is also required.