

## **Shin-gi-tai Karate Club**

### **Grading Examination – 4kyu to 3kyu**

#### **Kihon Waza (BASIC Techniques):**

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

1. All basic techniques taught in previous grades will be tested using the stances taught to date. Additional techniques are kin-geri and mawashi-uke.
2. Combinations may be performed in a straight line or on the 6 point embusen. The embusen will be used with left or right starting side.
3. Sto uke forward, 360 degree turn sto uke, sto uke forward combination with or without other techniques.

#### **Impact Techniques:**

1. All punching, striking, kicking techniques may be tested against the shield.
2. Punches and strikes against the breaker board may be tested.
3. Controlled punching (gyaku zuki, Oi zuki, uraken), at speed, to a target with either hand. Contact is required for all strikes.
4. As above with kicks (mae geri, mawashi geri, kekomi geri, kin geri.)

#### **Stances:**

1. Explain the transition between two similar stances. Any existing stance will be chosen by the examiners.
2. Perform the transition correctly.

#### **Kyusho:**

1. Identify location of stomach points 31, 32 and 33 and explain use and effect.

#### **Self Defence:**

1. Demonstrate your preferred evasion, counter and take down for a hook punch to the head. The partner must be immobilised.
2. Demonstrate 5 evasion techniques against a front kick. The kick is not a mae geri but a street type front kick.
3. Demonstrate your preferred evasion, counter and takedown for a hook punch to the ribs. The partner must be immobilised.
4. Left and right attacks to the face, defend using mawashi uke and Sanchin dachi and target counters at kyusho points. Two versions on each side.

#### **Knife Threat Defence:**

Technique #7 – Knife to throat from rear.

#### **Kata:**

1. Students may be asked to perform all previously learnt kata and their applications.
2. Students will need to perform Bassai Dai kata.
3. Three sections of the kata must be demonstrated with a partner, using the ‘rules of engagement’.

#### **Nage waza (Throwing Techniques):**

Students will be expected to perform previous grade plus the Yaridama technique.

#### **Terminology:**

All Japanese terms used in the lessons are expected to be understood.