

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

### **Grading Examination – 5kyu to 4kyu**

#### **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. Combinations include the new techniques and stances, noted above

#### **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. Hand protectors are required for this activity.

#### **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 spleen point 10 and 11 and explain how they can be used and what effect they have.

#### **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 #6 – Knife to kidney from rear.

#### **Kata:**

1. Students may be asked to perform all previously learnt kata.
2. Students will need to perform Seiyunchin kata along with 3 sets of applications as taught in class..

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

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

#### **Terminology:**

In addition to the terms already learned, students are expected to understand the following Japanese terms;