

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

### **Grading Examination – 6kyu to 5kyu**

#### **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. New stances include sanchin-dachi.
2. Combinations include the new techniques and stances, noted above. Mawashi uke in sanchin dachi and kin-geri in neko-ashi-dachi will be tested.
3. KIAIs are essential on all turns, last techniques and the starting gedan-barai.
4. The embusen will be used with left or right starting side.

#### **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 triple warmer 11 and 12 as well as Gall Bladder 20 points and explain the potential uses of them.

#### **Self Defence:**

1. Demonstrate your preferred evasion, counter and take down for a hook punch to the head. The partner must be immobilised.
2. Escape from a hair grab to the top/back of the head.
3. Demonstrate 5 evasion and counter attacks to a hook punch to the ribs using the summarised rules of engagement.
4. Demonstrate one knife defence against a lunge type attack.

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

Technique #5 – Knife to throat (on chest) from front.

#### **Kata:**

1. Students may be asked to perform all previously learnt kata.
2. Students will need to perform Naihanchi kata.
3. The three sections of Naihanchi applications, as taught in class, need to be demonstrated

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

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

#### **Terminology:**

Additional Japanese terms;

Sanchin-dachi	-	hour glass stance
Kin-geri	-	groin kick
Mawashi-uke	-	circular block (round)