

Shin-gi-tai Karate Club

Grading Examination – 7kyu to 6kyu

Kihon Waza (BASIC Techniques):

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

1. The basic techniques tested will be oi-zuki, gyaku-zuki, soto-uke, uchi-uke, shuto-uke, jodan age-uke, gedan-barai, mae geri, kekomi geri, mawashi geri., kizami-zuki, empi, uraken.
2. Combinations involving 9kyu basic techniques combined with gyaku-zuki and gedan-barai will be required. Kizami-zuki is added to soto uke and ucji uke combinations.
3. The basic techniques (9th kyu) must be performed forwards and backwards.
4. KIAIs are essential on all turns, last techniques and the starting gedan-barai.

Impact Techniques:

1. Moving punching attack to the focus mitts. Control and movement will be tested..
2. Snap punches against the clapper bat will be tested.

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 kidney 1 point and explain the potential uses of this point.

Self Defence:

1. Escape from a hair grab to the top/back of the head.
2. Demonstrate 5 evasion and counter attacks to a hook punch to the head using the summarised rules of engagement.

Knife Threat Defence:

Technique #4 – Cut wrist and take down, plus previous techniques.

Kata:

1. Students may be asked to perform all previously learnt kata.
2. Students will need to perform Naihanchi kata.

Nage waza (Throwing Techniques):

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

Terminology:

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

Kizami-zuki	-	snap/lunge punch (jab)
Empi-uchi	-	elbow strike
Uraken	-	backfist