

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

### **Grading Examination – 8kyu to 7kyu**

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

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

1. Kicks as per previous exam plus mawashi geri..
2. Punches and blocks as per previous exam with gyaku-zuki and gedan-barai.
3. The basic techniques (9<sup>th</sup> kyu) must be performed forwards and backwards.
4. Yoko-geri kekomi is also required in addition to the kekomi-geri in front stance.
5. KIAIs are essential on all turns, last techniques and the starting gedan-barai.
6. The embusen will be used with left or right starting side.

#### **Impact Techniques:**

1. Kicking techniques for mae-geri, kekomi-geri and mawashi-geri will be tested on both sides as well as punches of oi-zuki/gyaku-zuki will be performed against the shield..
2. Controlled punching to the focus mitts will be used for gyaku-zuki to assess control and distance skills.

#### **Stances:**

1. Explain the balance percentage, stress points and purpose of zenkutsu-dachi, kokutsu-dachi and kiba-dachi.
2. Perform each stance correctly.

#### **Kyusho:**

1. Identify location of lung point 5 and heart point 2, explain the effect of them and demonstrate on partner how they would be used against grabs.

#### **Self Defence:**

1. From an across body wrist grab, perform a take down and lock on the aggressor.
2. Perform an arm bar against a grab of both hands behind your back.

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

Technique #3 – Parry, strike and takedown, plus previous techniques.

#### **Kata:**

1. Students may be asked to perform all previously learnt kata.
2. Students will need to perform Pinan Shodan kata.
3. Demonstrate the use of this kata starting technique against an upper body or head grab. (Blocking technique). Then demonstrate how this could extend to counterstrike and evade the aggressor.
4. Demonstrate a deflection and takedown technique using a combination of two shuto-ukes.

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

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

#### **Terminology:**

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

|              |   |                 |
|--------------|---|-----------------|
| Mawashi-geri | - | Roundhouse kick |
| Yoko-geri    | - | Side kick       |