

Shin-gi-tai Karate Club

Grading Examination – 10kyu to 9kyu (Juniors)

Dojo Etiquette:

1. Line up procedure for lessons and grading for basic and kata performances.
2. Method and use of the Rei (Bow)
3. Correctly tied belt and suit, no jewellery, etc
4. Seiza and close down Rei.

Stances:

1. Heiko dachi (parallel stance)
2. Msubi dachi (informal attention stance used with Rei)
3. Zenkutsu dachi (Front stance)

Punches/Strikes:

1. Oi-zuki (Stepping in punch)

Kicks:

1. Mae Geri (Front snap kick)

Blocks:

1. Soto uke (Outside block)
2. Uchi uke (Inside block)
3. Jodan age uke (Upper/rising block)
4. Gedan barai (Lower block)

Kata:

1. Kihon (Taikyoku Shodan).

Examination Process:

1. Line up and hold yoi position.
2. On examiners command, Left leg forward into Zenkutsu dachi , gedan barai.
3. Perform X repetitions of techniques as instructed by grading panel. KIAI on last technique
4. Turn and kiai.
5. All techniques will be tested, after which you will be instructed to return to Yoi

Other Requirements:

1. All basic techniques are performed in Zenkutsu dachi.
2. Kicks and punches will be tested against a strike shield or focus pads.
3. The Kiai (shout) is required on each opening Gedan barai and at the end of each set of techniques.
4. The Japanese names for techniques are expected to be known.