

Shin-gi-tai Karate Club

Grading Examination – 1kyu to Provisional 1st Dan (Sho Dan Ho) (Juniors)

Dojo Etiquette:

1. As per 1kyu.
2. You may be asked to teach a technique or kata and must be familiar with the process.

Stances:

1. As per 1kyu,

Punches/Strikes:

1. As per 1kyu,

Kicks:

1. As per 1kyu

Blocks:

1. As per 1kyu

Combinations:

1. As per 1kyu,

Kata:

1. Demonstration of Tokui(Favourite) kata (choose from Heians, Tekki, Bassai, Hangetsu, Kanku Dai, Empi, Jion).
2. Demonstration of the applications for the kata with a partner (you may choose partner), first slowly and then at normal speed. All techniques must work effectively and target areas must be in accordance with the rules of combat.
3. Perform one other kata as chosen by the examination panel.

Examination Process:

1. As per 1kyu, plus
2. You may be asked to perform part of the exam in the adult grading examination.

Other Requirements:

1. As per 1kyu, plus
2. Minimum of 3 years continuous training and 6 months since 1kyu award.
3. Produce a brief thesis (5 to 10 A4 pages) on the basics (foundation elements) of Karate. This should include the value of the stances as well as other categories of techniques with examples of use, targets, attitudes, etc

Kumite:

1. As per 2kyu, plus
2. Jiyu kumite (free sparring) with two opponents. 2 minutes non stop