

Shin-gi-tai Karate Club

Grading Examination – 2kyu to 1kyu (Juniors)

Dojo Etiquette:

1. As per 2kyu.

Stances:

1. As per 2kyu, plus
- 2.

Punches/Strikes:

1. As per 2kyu, plus
2. Mawashi zuki (Roundhouse punch)

Kicks:

1. As per 2kyu

Blocks:

1. As per 2kyu

Combinations:

1. As per 2kyu, plus
2. Mawashi zuki Jodan in Sanchin dachi.
3. Step back diagonally with Kizami zuki Jodan, fwd gyaku zuki Jodan in ju dachi.
4. Mawashi geri, turn ushiro geri, gyaku zuki.

Kata:

1. Empi, plus all previous kata.
2. At least one set of applications from Bassai dai must be demonstrated with a partner.

Examination Process:

1. As per 2kyu.

Other Requirements:

1. As per 2kyu, plus
2. Demonstrate falling techniques as requested by examiners.
3. Perform a hip throw.
4. Demonstrate defence against hook punch to the body. All defences must include restraint of partner.

Kumite:

1. As per 2kyu,