

Shin-gi-tai Karate Club

Grading Examination – 3kyu to 2kyu (Juniors)

Dojo Etiquette:

1. As per 3kyu.

Stances:

1. As per 3kyu, plus
2. Ju Dachi (Shortened front stance)

Punches/Strikes:

1. As per 3kyu plus
2. Tate zuki (vertical punch)

Kicks:

1. As per 3kyu , plus
2. Ushiro geri (back kick)
3. Kakato geri (Heel kick)

Blocks:

1. As per 3kyu, plus
- 2.

Combinations:

1. As per 3kyu, plus
2. One leg kicks using mae geri, kekomi geri, mawashi geri, ushiro geri, kakato geri. Both sides.
3. Tate zuki in heiko dachi.
4. Kizami zuki Jodan in Zenkutsu dachi, back half step with front foot, gyaku zuki Jodan in ju dachi.
5. Mawashi geri, turn ushiro geri.

Kata:

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

Examination Process:

1. As per 3kyu.

Other Requirements:

1. As per 3kyu, plus
2. Demonstrate defence against a knife threat/attack. Targets as taught within the lesson will be chosen.
3. Demonstrate defence against hook punch to the head. All defences must include restraint of partner.

Kumite:

1. As per 3kyu, plus
2. Ippon kumite including completion techniques (Takedown).
3. Jiyu kumite (free sparring) with one opponent. 2 minutes non stop