

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

### **Grading Examination – 4kyu to 3kyu (Juniors)**

#### **Dojo Etiquette:**

1. As per 4kyu.

#### **Stances:**

1. As per 4kyu,

#### **Punches/Strikes:**

1. As per 4kyu.

#### **Kicks:**

1. As per 4kyu , plus
2. Ushiro Mawashi geri (Reverse roundhouse kick)

#### **Blocks:**

1. As per 4kyu, plus
2. Ashi barai (leg block or sweep)

#### **Combinations:**

1. As per 4kyu, plus
2. Mae geri chudan, turn 360 degrees, ushiro mawashi, Jodan gyaku zuki.
3. Shuto uke, spin 360 degrees, shuto uke, step forwards shuto uke. In kokutsu dachi.
4. Jodan gyaku zuki, step forward ashi barai, chudan gyaku zuki
5. One leg kicks using mae geri, kekomi geri, mawashi geri and ushiro geri. Both sides.

#### **Kata:**

1. Tekki Shodan, plus all previous kata.

#### **Examination Process:**

1. As per 4kyu.

#### **Other Requirements:**

1. As per 4kyu, plus
2. Demonstrate a basic defence against a baton strike to the head or upper body.

#### **Kumite:**

1. As per 4kyu, plus
2. Jiyu kumite (free sparring) with one opponent.