

Shin-gi-tai Karate Club

Grading Examination – 5kyu to 4kyu (Juniors)

Dojo Etiquette:

1. As per 5kyu, plus
2. You are eligible for appointment to the post of Sempai and should be aware of the responsibilities of this assignment.

Stances:

1. As per 5kyu, plus
2. Sanchin Dachi (Pigeon toed stance)

Punches/Strikes:

1. As per 5kyu.

Kicks:

1. As per 5 kyu

Blocks:

1. As per 5kyu, plus
2. Mawashi Uke (roundhouse block)

Combinations:

1. As per 5kyu, plus
2. Front foot mae geri, back foot mae geri/gyaku zuki.
3. Step forward jodan age uke, mae geri step back gyaku zuki.
4. Front foot mawashi geri, step forward yoko geri kekomi. Land in front stance.
5. Mawashi uke, gyaku zuki.

Kata:

1. Heian Godan, plus all previous kata.

Examination Process:

1. As per 5kyu.

Other Requirements:

1. As per 5kyu, plus
2. Cross body wrist grab with takedown and lock out

Kumite:

1. As per 5kyu, but using sanchin dachi.