

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

### **Grading Examination – 6kyu to 5kyu (Juniors)**

#### **Dojo Etiquette:**

1. As per 6kyu.

#### **Stances:**

1. As per 6kyu,

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

1. As per 6kyu, plus
2. Ckoki Zukii (Straight Punch)

#### **Kicks:**

1. As per 6 kyu plus
2. Yoko-geri Kekomi and Keage in kiba-dachi in alternating form.
3. Mawashi geri (roundhouse kick) at chudan and jodan heights.

#### **Blocks:**

1. As per 6kyu.

#### **Combinations:**

1. As per 6kyu, plus
2. Oi zuki combination fwd, jodan age uke combination backwards, mae geri with choki zuki forward, gedan barai forward.
3. Kicking on one leg with mae geri, kekomi geri, mawashi geri.

#### **Kata:**

1. Heian Yondan, plus all previous kata.

#### **Examination Process:**

1. As per 6kyu.

#### **Other Requirements:**

1. As per 6kyu, plus
2. Double arm hold from the rear.

#### **Kumite:**

1. Gohon kumite will be conducted demonstrating defence against punches and kicks. (oi zuki, mae geri, mawashi geri, kekomi geri). The defender must block and counter strike with light contact.