

Shin-gi-tai Karate Club

Grading Examination – 9kyu to 8kyu (Juniors)

Dojo Etiquette:

1. Line up procedure for lessons and grading for basic and kata performances.
2. Method and use of the Rei (Bow)
3. Use of kiai.
4. Correctly tied belt and suit, no jewellery, etc

Stances:

1. Heiko dachi (parallel stance)
2. Msubi dachi (informal attention stance used with Rei)
3. Zenkutsu dachi (Front stance)
4. Kokutsu dachi (Back stance)
5. Neko-ashi dachi (Cat leg stance)

Punches/Strikes:

1. Oi-zuki (Stepping in punch)
2. Gyaku-zuki (Rear hand punch)

Kicks:

1. Mae Geri (Front snap kick)

Blocks:

1. Soto uke (Outside block)
2. Uchi uke (Inside block)
3. Jodan age uke (Upper/rising block)
4. Gedan barai (Lower block)
5. Shuto uke (Sword Hand block)

Combinations:

1. Sto Uke (Shuto Uke in Kokutsu dachi)
2. All basic punches and block with a gyaku zuki added to each technique.

Kata:

1. Heian Shodan.

Examination Process:

1. Line up and hold yoi position.
2. On examiners command, Left leg forward into Zenkutsu dachi , gedan barai.
3. Perform X repetitions of techniques as instructed by grading panel. KIAI on last technique
4. Turn and kiai.
5. All techniques will be tested, after which you will be instructed to return to Yoi

Other Requirements:

1. All basic techniques are performed in Zenkutsu dachi with the exception of Sto-uke.
2. Kicks and punches will be tested against a strike shield or focus pads.
3. The Kiai (shout) is required on each opening Gedan barai and at the end of each set of techniques.
4. The Japanese names for techniques are expected to be known.