

Adults Yellow Belt & Over 40s (7th Kyu)	Adults Orange Belt & Over 40s (6th Kyu) "INCENTIVE BASED"	Adults Blue Belt & Over 40s (5th Kyu) "THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP."	Adults Green Belt & Over 40s (Senior 4th Kyu green belt) "FIRST SIGN OF STRENGTH" "IT IS CONSIDERED A LOSS OF FACE TO LAG BEHIND THE PACE"
Assistant Out Front For Demonstrations & Exercise Purposes.	Assistant Out Front For Demonstrations & Exercise Purposes.	TO BE "NO" Assistant Out Front For Demonstrations & Exercise Purposes.	TO BE "NO" Assistant Out Front For Demonstrations & Exercise Purposes.
Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking, squats, (20) -Best Stretch Shown
Stances - Shoulder width - Squatting - Side on - R/L back fighting stance	Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging	Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover	Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging
Footwork from fighting stance -change over forward and backward -switch on the spot -half shuffle forward and backward	Footwork from fighting stance -change over forward and backward -switch on the spot -half shuffle forward and backward	Footwork from fighting stance -change over forward and backward -Lunge forward and backward sideways -switch on the spot -half shuffle forward and backward	Footwork from fighting stance -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward
-Ukemi Waza - Individually Forward / Back / Side Breakfalls	-Ukemi Waza - Individually Forward / Back / Side Breakfalls Forward & Backwards Shoulder Rolls	-Ukemi Waza (Break fall) Drill	-Ukemi Waza (Break fall) Drill
Kihon Waza Exercises -Tsuki Waza (3 levels of punching) (3 reps per singles, doubles, triples and 3 levels with Kiai)	Kihon Waza Exercises -Tsuki Waza (3 levels of punching) (3 reps per singles, doubles, triples and 3 levels with Kiai)	Kihon Waza Exercises -Tsuki Waza (3 levels of punching) (3 reps per singles, doubles, triples and 3 levels with Kiai)	Kihon Waza Exercises -Tsuki Waza (3 levels of punching) (3 reps per singles, doubles, triples and 3 levels with Kiai)
	-Uke Waza (level 1. Blocking Stationary)	-Uke Waza (level 1. Blocking Stationary)	-Uke Waza (level 1 Blocking Moving) (Level 2 Blocking Moving)

Adults Yellow Belt & Over 40s (7th Kyu) PAGE 1	Adults Orange Belt & Over 40s (6th Kyu) PAGE 1	Adults Blue Belt & Over 40s (5th Kyu) PAGE 1	Adults Green Belt & Over 40s (4th Kyu) PAGE 1
Checks demonstrated from shoulder width stance to count of 3 reps each -half check -full check	Checks demonstrated from shoulder width stance to count of 3 reps ea -half check -full check -cross check	Checks demonstrated from shoulder width stance to count of 3 reps each -half check -full check -cross check	Checks demonstrated from shoulder width stance to count of 3 reps each -half check -roll check -full check -cross check
Strikes demonstrated from fighting stance to count of 5 reps with Kiai -left jab, straight right punch -left hook, -L/R back fist	Strikes demonstrated from fighting stance to count of 5 reps with Kiai -left jab, straight right punch -left hook, -L/R back fist	Strikes demonstrated from fighting stance to count of 5 reps with Kiai -left jab, straight right punch -left hook, -L/R back fist	Strikes demonstrated from fighting stance to count of 5 reps with Kiai -left jab, straight right punch -left hook, -L/R back fist -L/R uppercuts
Elbows from fighting stance to count of 5 reps with Kiai - L/R circular elbow,	Elbows from fighting stance to count of 5 reps with Kiai - L/R circular elbow,	Elbows from fighting stance to count of 5 reps with Kiai - L/R circular elbow,	Elbows from fighting stance to count of 5 reps with Kiai - L/R circular elbow,
Knees done from shoulder width stance to count of 5 reps each with Kiai -straight knee -circular knee	Knees done from shoulder width stance to count of 5 reps each with Kiai -straight knee -circular knee	Knees done from shoulder width stance to count of 5 reps each with Kiai -straight knee -circular knee	Knees done from shoulder width stance to count of 5 reps each with Kiai -straight knee -circular knee
Basic kicks from fighting stance 5 reps KIA -straight front kick -round house kick -side kick -back kick	Basic kicks from fighting stance 5 reps Kiai -straight front kick -round house kick -side kick -back kick	Basic kicks from fighting stance 5 reps Kiai -straight front kick -round house kick -side kick -back kick	Basic kicks from fighting stance 5 reps Kiai -L/ front -R/round -L/ side -R/ back -L/ hook
Kata's – moves 1-6 of Gekisai Dai Itch kata	Kata's -1- 13-finish of Gekisai Dai Itch kata	Kata's - Gekisai Dai Itch -full	Kata's -Gekisai Dai Itch -full - Gekisai Dai Ni kata -full
Self defence-1 nominated front attacks with a nominated & personal response -Single wrist grab	Self defence-2 nominated front attacks with a nominated & personal response -Single wrist grab -single chest grab	Self defence-3 nominated front attacks with a nominated & personal response -Single wrist grab -single chest grab -double chest grab	Self defence-4 nominated front attacks with a nominated & personal response -single wrist grab -single chest grab -single handed shove -double chest grab

<p>Padwork – 2 x 1 min rounds moving into grapple</p> <p>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</p>	<p>Padwork – 3 x 1 min rounds moving into grapple</p> <p>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</p>	<p>Padwork – 4 x 1 min rounds moving into grapple</p> <p>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min on back front & side kicking out on shield</p>	<p>Padwork – 5 x 1 min rounds moving into grapple</p> <p>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield</p>
<p>Sparring Not Required Floor Work Not Required</p>	<p>Sparring Not Required Floor Work Not Required</p>	<p>Sparring Not Required Floor Work Not Required</p>	<p>Floor work 1 x 1 min basic guard pass drill level 1</p>
		<p>Shadow Sparring 1 x 1 min</p>	<p>Shadow Sparring 1 x 1 min</p>

Adults Green Belt - 1 brown tip & Over 40s (3rd Kyu) PAGE 1	Adults Green Belt - 2 brown tip & Over 40s (3rd Kyu) PAGE 1	Adults Brown Belt & Over 40s (2nd Kyu) "WHEN YOU SEE A WORTHY PERSON ENDEAVOR TO EMULATE THEM. WHEN YOU SEE AN UNWORTHY PERSON THEN EXAMINE YOUR INNER SELF."
TO BE "NO" Assistant Out Front For Demonstrations & Exercise Purposes.	TO BE "NO" Assistant Out Front For Demonstrations & Exercise Purposes.	TO BE "NO" Assistant Out Front For Demonstrations & Exercise Purposes.
Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) -Best Stretch Shown
Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance	Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance	Stances -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance
Footwork from fighting stance -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward	Footwork from fighting stance -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward	Footwork from fighting stance -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward
Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers	Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers	Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers
Checks demonstrated from shoulder width stance to count of 3 reps each -half check -roll check -full check -cross check	Checks demonstrated from shoulder width stance to count of 3 reps each -half check -roll check -full check -cross check	Checks demonstrated from shoulder width stance to count of 3 reps each -half check -roll check -full check -cross check
Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes	Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes	Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes

<p>Knees</p> <ul style="list-style-type: none"> -Left straight knee -Right round knee 	<p>Knees</p> <ul style="list-style-type: none"> -Left straight knee -Right round knee 	<p>Knees</p> <ul style="list-style-type: none"> -Left straight knee -Right round knee
<p>Basic kicks from fighting stance moving</p> <ul style="list-style-type: none"> -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/R jump 	<p>Basic kicks from fighting stance moving</p> <ul style="list-style-type: none"> -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/R jump 	<p>Basic kicks from fighting stance moving</p> <ul style="list-style-type: none"> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump
<p>Kata's</p> <ul style="list-style-type: none"> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin Focus Footwork 	<p>Kata's</p> <ul style="list-style-type: none"> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin Focus on hand positions -Tensho focus on hand positions 	<p>Kata's</p> <ul style="list-style-type: none"> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho
<p>Self defence:</p> <ul style="list-style-type: none"> -1 nominated front restraint with nominated & personal responses from iron horse kata / Tensho or Kihon -single wrist grab, (Arm Bar) -1 nominated rear attack with nominated & personal responses from kata / kihon -bear hug 	<p>Self defence:</p> <ul style="list-style-type: none"> -2 nominated front restraint with nominated & personal responses from iron horse kata / Tensho or Kihon -single wrist grab, (Arm Bar) -single handed chest grab (Wrist lock arm bar) -2 nominated rear attack with nominated & personal responses from kata / kihon -bear hug -single hair grab rear 	<p>Self defence</p> <ul style="list-style-type: none"> -4 nominated front restraint with nominated & personal responses from iron horse kata / Tensho or kihon -single wrist grab, (Arm Bar) -single handed chest grab (Wrist lock arm bar) -single handed shove (snaking arm bar) -double handed shove (half nelson) -4 nominated rear attack with nominated & personal responses from kata / kihon -bear hug -single hair grab rear -rear choke hold -single rear shoulder grab
<p>Padwork – 6 x 1 min rounds moving into grapple</p> <ul style="list-style-type: none"> -1 x 1 min hands & grapple and knee focus pads -1 x 1 min kicks grapple & knees on shields -1 x 1 min hands, kicks grapple knee on shields -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back kicking out on shield -1 x1 min hands /elbows from mount position punching down on focus pads 	<p>Padwork – 6 x 1 min rounds moving into grapple</p> <ul style="list-style-type: none"> -1 x 1 min hands & grapple and knee focus pads -1 x 1 min kicks grapple & knees on shields -1 x 1 min hands, kicks grapple knee on shields -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back kicking out on shield -1 x1 min hands /elbows from mount position punching down on focus pads 	<p>Padwork – 7 x 1 min rounds moving in to grapple</p> <ul style="list-style-type: none"> -1 x 1 min L/R punch, grapple neck then 2 knees on focus pads -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min straight punches and straight kick on 2 shields

Floor work 1 x 1 min basic guard pass drill level 1 Optional over 40s instead pair up on ground in guard, punch up or down into focus mitts for 2 x 1 min)	Floor work 2 x 1 min basic guard pass drill level 1 Optional over 40s instead pair up on ground in guard, punch up or down into focus mitts for 2 x 1 min)	Floor work 1 x 1 min of level 1 guard pass drill with striking 1 x 1 min of level 2 guard pass drill with 4 restraints Optional over 40s instead pair up on ground in guard, punch up or down into focus mitts for 3 x 1 min)
		Sparring-4x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs
Shadow Sparring 1 x 1 min	Shadow Sparring 1 x 1 min	Shadow Sparring 2 x 1 min

Adults Brown Belt - 1 black tip & Over 40s (1st Kyu) PAGE 1	Adults Brown Belt - 2 black tip & Over 40s (1st Kyu) PAGE 1	
Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) -Best Stretch Shown	Demonstrate the following -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) -Best Stretch Shown	
Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	
Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	
Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers	Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers	
Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	
Strikes from fighting stance moving . -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	Strikes from fighting stance moving . -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	

<p>Knees -L/Front knee -R/ round knee</p>	<p>Knees -L/Front knee -R/ round knee</p>	
<p>Basic kicks from fighting stance moving. -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick</p>	<p>Basic kicks from fighting stance moving. -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick</p>	
<p>Kata's - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho - Seinchin 24</p>	<p>Kata's - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho - Seinchin 36</p>	
<p>Self Defence 1 at time -1 nominated front knife attacks with nominated & personal responses from kata or Kihon -straight lung (stab) 1 nominated front grab attack with nominated & personal responses from Seinchin kata / Kihon -straight punch</p>	<p>Self Defence 1 at time -2 nominated front knife attacks with nominated & personal responses from kata or Kihon -straight lung (stab) -slash forehead back hand to chest / midsection (slash) 2 nominated front grab attack with nominated & personal responses from Seinchin kata / Kihon -straight punch -double neck grab front</p>	
<p>Takedowns 1 at time 1 nominated takedowns & personal response – Round house kick attack, catch /grapple kick strike to face grab leg reap takedown ground and pound.</p>	<p>Takedowns 1 at a time – 2 nominated takedowns & personal response – Round house kick attack, catch /grapple kick strike to face grab leg reap takedown ground and pound. – Hook punch attack, shuto block and strike to face at same time, trap hooking arm, arm around neck leg drag takedown finish arm bar submission</p>	

<p>Padwork 8 x 1 min (MUST HAVE OWN PAD HOLDER)</p> <ul style="list-style-type: none"> -1x1 min L/R punch, R'elbow, grapple neck then 2 knees, on shield -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -1 x 1 min straight punches and straight kick on 2 shields 	<p>Padwork 8 x 1 min (MUST HAVE OWN PAD HOLDER)</p> <ul style="list-style-type: none"> -1x1 min L/R punch, R'elbow, grapple neck then 2 knees, on shield -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -1 x 1 min straight punches and straight kick on 2 shields 	
<p>Floor work</p> <ul style="list-style-type: none"> -1 x 1 min basic guard pass drill level 1 with striking -1 x 1 min basic guard pass drill level 2 with striking & submissions <p>(over 40s instead pair up on ground in guard, punch up or down into focus mitts for 1</p>	<p>Floor work</p> <ul style="list-style-type: none"> -1 x 1 min basic guard pass drill level 1 with striking -1 x 1 min basic guard pass drill level 2 with striking & submissions <p>(over 40s instead pair up on ground in guard, punch up or down into focus mitts for 1</p>	
<p>Sparring-4x1-minute rounds of touch contact sparring</p> <ul style="list-style-type: none"> -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs 	<p>Sparring-4x1-minute rounds of touch contact sparring</p> <ul style="list-style-type: none"> -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs 	
<p>Shadow Sparring 2 x 1 min</p>	<p>Shadow Sparring 2 x 1 min</p>	

Adults Black Belt (Shodan Ho – Black belt (Probationary) “ THE BEGINNING – WELCOME TO SQUARE, CIRCLE, TRIANGLE – PHILOSOPHY ”

<p>Medical certificate no older than 7 days. (Fill out this form here)</p> <p>12 oz Gloves are compulsory to wear during kumite Repeat out aloud the black belt pledge</p> <p>Demonstrate the following -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) -Best stretch -Uniform is on correctly, including belt, bow in procedures -Explain the Senpai/Cohai logical order and how it relates to the lineup.</p>	<p>-On the 5 systems below produce a detailed labelled diagram and a 200 word text on each function.</p> <ul style="list-style-type: none"> • Skeletal system (include joint types) • Muscular system – include “ The structure of a body joint & how a body joint moves/works” • Cardiovascular system – measure your own resting hear rate, blood pressure and your fitness level. • Digestive system – include the Food Triangle. Get your Cholesterol and Diabetes levels checked and include these in report. • One other body system of your choice
<p>Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat</p>	<p>Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back</p>
<p>Kihon Waza Exercises -Tsuki Waza (3 reps per singles, doubles, triples) -Uke Waza 1,2 -Ukemi Waza by numbers</p>	<p>Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check</p>
<p>Strikes from fighting stance moving -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist -spinning elbows of either arm</p>	<p>Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick -spinning outside crescent kick</p>

<p>Kata's - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho -Seinchin</p>	<p>Self Defence continuous 1 at a time -4 nominated front knife attacks with nominated & personal responses from kata (Teens don't do personals) -straight lung (stab) -slash forehand back hand to chest / midsection (slash) -ice pick stab -pinned against the wall knife to throat</p>
<p>-4 nominated front grab attack with nominated & personal responses from Seinchin kata (Teens don't do personals) -straight punch -double neck grab front -double wrist grab -double chest grab</p>	<p>Takedowns continuous 1 at a time - 4 nominated takedowns & personal response - Round house kick attack, catch /grapple kick strike to face grab leg reap takedown ground and pound. - Hook punch attack, shuto block and strike to face at same time, trap hooking arm, arm around neck leg drag takedown finish arm bar submission - Single chest grab attack, snake up around arm, palm heel under chin, leg reap takedown, arm bar submission. - Double chest grab attack, trap arms to chest R elbow, leg drag takedown finish with arm bar.</p>
<p>Floor work - 2 x 1 min round basic guard pass drill (level 1 & 2) (over 40s instead pair up on ground in guard, punch up or down into focus mitts for 2 x 1 min) 1 x 1 min of level 1 guard pass drill 1 x 1 min of level 2 guard pass drill with 4 restraints</p>	
<p>Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER) -1x1 min L/R punch, R'elbow, grapple neck then 2 knees, -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -2 x 1 min hands & legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x 1 min on back front & side kicking out on shield pad holder is trying to get to side control -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -1 x 1 min straight punches and straight kick on 2 shields</p>	<p>Sparring-5x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -2 round hands & legs</p>
<p>Shadow Sparring 3 x 1 min</p>	

Shodan – (1st Dan) “A TRUE BLACK BELT FOLLOWING THE PATH OF BUSHIDO UNWITTINGLY CHANGES HIS/HER WAY OF LIFE, FOR THEY CAN NEVER BE THE SAME PERSON AGAIN.”

Second Year Grading for 1 Full Red Stripe

Essay on 1st Dan Adults – Study of Anatomy and Physiology (NEW 2018)

-Study of anatomy and physiology – ie understanding the 3 Energy Systems of the human body. Which system/mixture does Karate use and when. What, when & why and how do we control/build these systems. Research is recommended. (min 500 words) must be produced in PDF and submitted 1 month prior to grading.

Demonstrate the following

-Hakama is on correctly

All Kata

- Gekisai Dai Itch -full
- Gekisai Dai Ni -full
- Sanchin kata all the way through
- Tensho kata all the way through
- Seinchin kata all the way through
- Saifa kata all the way through

Weapons Kata demonstrated

- Bokken Kamai Kata NEW
- Bokken Eight Cut Flow Drill NEW
- Bokken Kata (half only - plus pattern to move 6)

Self Defence Demonstrated 1 at a time

- Blue to green belt – 4 nominated front grabs
- Green to brown belt – 4 nominated restraints
- Green to brown belt – 4 nominated grabs from behind
- Brown to black belt – 4 nominated front grabs
- Brown to black belt – 4 nominated knife attacks

Takedowns 1 at a time

- 4 nominated takedowns response
- Round house kick attack, catch /grapple kick strike to face grab leg reap takedown ground and pound.
- Hook punch attack, shuto block and strike to face at same time, trap hooking arm, arm around neck leg drag takedown finish arm bar submission
- Single chest grab attack, snake up around arm, palm heel under chin, leg reap takedown, arm bar submission.
- Double chest grab attack, trap arms to chest R elbow, leg drag takedown finish with arm bar.

4 Nominated attacks with nominated & personal responses from Saifu kata 1at a time

- right wrist grab by attackers left hand
- double handed chest reach/grab
- right hand face/chest shove
- rear right shoulder grab

4 Basic chokes/ strangles standing / sitting / lying down optional 1 at a time (Teens & Adults only)

- front confrontation - rear figure 4 choke
- right hook punch attack - front guillotine or reverse choke
- double chest grab attack - front / rear lapel choke
- single handed shove attack - front triangle choke

3 Nominated attacks with nominated & personal responses from Bokken Kata 1 at time

- overhead strike
- horizontal Strike
- lower strike to leg

Last Updated 9/11/2022 Chokes only for Teens & Adults

Ni Dan – (2nd Dan) Ni Dan – 2nd Dan Black belt (Red writing on belt) – 2 Red Stripes (Potential RPL to 2nd Dan in Kickboxing, Grading fee still applies but done internally not at state grading) Conditions apply

Black to 1 white stripes

Black 1 white stripes to 2 red stripes

	<p>-Detailed eating plan must be produced in PDF and submitted 6 months prior to grading. -Detailed training dairy must be produced in PDF and submitted 6 months prior to grading.</p>	<p><u>Medical certificate no older than 7 days.</u> (Thesis of 1st to 2nd Dan Study on Training for Peaking and Nutrition Required for Nidan)</p> <p>-Training for Peaking – emphasis on injury prevention. Can you get to a ‘peak fitness’ without running, swimming & weight training? Are there different types of fitness. EG, do we measure the fitness of a boxer the same way as a rower? What type of fitness measure best suit what we do? Why do so many of us breakdown when training for 2nd dan? (min 500 words) Training smarter is.....smarter. -Detailed eating plan must be produced in PDF and submitted 6 months prior to grading. -Detailed training dairy must be produced in PDF and submitted 6 months prior to grading.</p>
	<p>Second Year Grading for Two White Stripes Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata all the way through -Tensho kata all the way through - Seinchin -Saifa kata -Sanseiru kata all the way through Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 6)</p>	<p>Third Year Grading for 2nd Red Stripe (Full 2 Dan Grade) Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata all the way through -Tensho kata all the way through - Seinchin -Saifa kata -Sanseiru kata all the way through Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 6)</p>
	<p>Self defence -2 nominated attacks with nominated & personal responses from Seisan kata 1 at a time - right wrist grab by attackers left hand - double front wrist grab</p>	<p>Self defence -4 nominated attacks with nominated & personal responses from Seisan kata 1 at a time - right wrist grab by attackers left hand - double front wrist grab - rear grab(full nelson/master lock behind neck) - right leg front kick</p>

	<p>Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER)</p> <ul style="list-style-type: none"> -1x1 min L/R punch, R'elbow, grapple neck then 2 knees, -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs keeping person away) -1 x1 min on back front & side kicking out on shield -1 x 1 min on back front & side kicking out on shield pad holder is trying to get to side control -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around 	<p>Padwork 20 x 1 min (MUST HAVE OWN PAD HOLDER)</p> <ul style="list-style-type: none"> -2x1 min L/R punch, R'elbow, grapple neck then 2 knees, -2 x 1 min front kick, round kick then grapple neck then 2 knees on shield -2 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -2 x 1 min hands & legs (mostly legs keeping person away) -2 x1 min on back front & side kicking out on shield -2 x 1 min on back front & side kicking out on shield pad holder is trying to get to side control -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -2 x 1 min straight punches and straight kick on 2 shields -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around -1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle -1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around -1 x 1 min hold outside circle, legs only kicking out at shield as you move around pad holder in middle
	<p>Sparring-5x1-minute rounds of touch contact sparring</p> <ul style="list-style-type: none"> -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs 	<p>Sparring-5x1-minute rounds of touch contact sparring</p> <ul style="list-style-type: none"> -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs
	<p>Shadow Sparring 3 x 1 min</p>	<p>Shadow Sparring 3 x 1 min</p>
		<p>Last updated 9/ 11/2022 no floor grappling</p>

San Dan (3rd Dan) an dan – 3rd Dan Black belt – 3 Red Stripes “Mirror reflection of self through students”

<u>First year for One White Stripe</u>	<u>Second year for Two White Stripe</u>	<u>Third Year Grading for Three Red Stripes</u>
<p>Demonstrate the following -Hakama is on correctly.</p> <p>Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata all the way through -Tensho kata all the way through - Seinchin -Saifa kata -Sanseiru kata all the way through -Seisan</p> <p style="color: red;">Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 6</p>	<p>Demonstrate the following -Hakama is on correctly.</p> <p>Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata all the way through -Tensho kata all the way through - Seinchin -Saifa kata -Sanseiru kata all the way through -Seisan</p> <p style="color: red;">Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 6</p>	<p>Demonstrate the following -Hakama is on correctly.</p> <p>Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata all the way through -Tensho kata all the way through - Seinchin -Saifa kata -Sanseiru kata all the way through -Seisan</p> <p style="color: red;">Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 6</p> <p style="text-align: center;">Lecture / Thesis on 2nd to 3rd Dan Study on Meditation</p> <p>-Study of meditation and your spiritual development in relation to your martial arts at this point of your training (Approximately 3000 words) must be produced in PDF and submitted 1 months prior to grading. - A Martial Arts focus on this knowledge – Describe ONE martial self-defence technique in anatomical terms. This to be in 4 sections:</p> <ol style="list-style-type: none"> 1. What is the attack you are defending against? 2. What is your response and which kata do these movements come from. 3. What affect will your response have on the attacker? <p>How will your attacker now need to treat these injuries?</p>

<p>Self Defence Demonstrated Continuous;</p> <p>-4 nominated attacks with nominated responses from saifu continuous 1-2 min -4 personal attacks with personal responses from kata continuous 1-2 min Optional - 2 on 1 attack</p>	<p>Self Defence Demonstrated Continuous ;</p> <p>-4 nominated attacks with nominated responses from saifu continuous 1-2 min -4 nominated attacks with nominated responses from sanseiru continuous 1-2 min -4 personal attacks with personal responses from kata continuous 1-2 min Optional 2 on 1 attack</p>	<p>Self Defence Demonstrated Continuous ;</p> <p>-4 nominated attacks with nominated responses from saifu continuous 1-2 min -4 nominated attacks with nominated responses from sanseiru continuous 1-2 min -4 nominated attacks with nominated responses from seisan continuous 1-2 min -4 personal attacks with personal responses from kata continuous 1-2 min Optional 2 on 1 attack</p>
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Yon Dan (4th Dan) (Red/White Stripes through belt) Yon Dan 4th Dan Black Belt (White & red stripe on belt, white uppermost) or 4 Red Stripes Lower Masters Level – WEAPONS GRADE, “Man cannot discover new oceans until he has the courage to lose sight of the shore”

Second Year Grading for 1 White Stripes

Fourth Year Grade for Full 4th Dan

	<p>Demonstrate the following -Hakama is on correctly.</p>	<p>Demonstrate the following -Hakama is on correctly. Lecture / Thesis on 3rd to 4th Dan Study on Goju Weapons -Study on the history & origins of Goju weapons kata 5000 words must be produced in PDF and submitted 1 months prior to grading.</p>
	<p>Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata</p>	<p>Kata’s demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata</p>
	<p>Self defence -4 nominated attacks with nominated & personal responses from Shisochin kata 1 at a time - double handed front reach/shove & Personal response – Right wrist grab by the attackers left hand & Personal response</p>	<p>Self defence -4 nominated attacks with nominated & personal responses from Shisochin kata 1 at a time - double handed front reach/shove & Personal response – Right wrist grab by the attackers left hand & Personal response – right leg front kick & personal response – Double front shirt grab & Personal response</p>
	<p>Weapons Kata demonstrated; -Bokken Kamai Kata NEW prev 1 dan -Bokken Eight Cut Flow Drill NEW prev 1 dan -Bokken Eight Directional Cut Flow Drill NEW -Bokken Kata Full</p>	<p>Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Eight Directional Cut Flow Drill NEW -Bokken Kata Full -Bokken 1 Step Kata – Over Head Cut NEW -Bokken 1 Step Kata – Mid Section Cut NEW -Bokken 1 Step Kata – Diagonal Upward Cut NEW</p>

		<p>-Second Weapon of Choice (Bo,) NEW</p> <p>-Bo Kamai</p> <p>- Bo Kata</p>
	<p>Weapons Self defence 3 Nominated attacks with nominated responses from Bokken Kata done continuously</p> <p>- overhead strike</p> <p>- horizontal Strike</p> <p>- lower strike to leg</p>	<p>Weapons Self defence 3 Nominated attacks with nominated & personal responses from Bokken Kata done continuously</p> <p>- overhead strike</p> <p>- horizontal Strike</p> <p>- lower strike to leg</p>
		<p>Weapons Self defence 3 Nominated attacks with nominated & personal responses from Bo Kata done continuously</p> <p>- overhead strike</p> <p>- horizontal Strike</p> <p>- groin strike</p>
	<p>Sparring with Foam bokkens</p> <p>3 x 2 min rounds</p>	<p>Sparring with Foam bokkens & Bo</p> <p>3 x 2 min rounds</p>
		<p>Live Blade Cutting on Noodle Platform.</p> <p>Single cut – Standing or sitting</p> <p>double cut – Stranding or sitting</p>

Go dan -5th dan Black belt (Red & white stripe on belt, red uppermost) Upper Masters Level – 360 DEGREE AWARENESS, “It is then philosophy of calmness and confidence which is the antithesis of aggression and inhumanity”

6 year duration minimum on Yon Dan

Demonstrate the following

-Hakama is on correctly.

-8 directional attacks

Thesis on 4th to 5th Dan Study on the History, Origins of Karate

-A study on the history, origins karate (Min 500 words) must be produced in PDF and submitted 1 months prior to grading.

Kata’s demonstrated;

- Gekisai Dai Itch -full

- Gekisai Dai Ni -full

-Sanchin kata

-Tensho kata

-Seinchin kata

-Saifa kata

-Sanseiru

-Seisan kata

-Shisochin kata

-Seipai kata all the way through

Weapons Kata demonstrated

-Bokken Kamaï Kata NEW

-Bokken Eight Cut Flow Drill NEW

-Bokken Eight Directional Cut Flow Drill NEW

-Bokken Kata Full

-Bokken 1 Step Kata – Over Head Cut NEW

-Bokken 1 Step Kata – Mid Section Cut NEW

-Bokken 1 Step Kata – Diagonal Upward Cut NEW

Self defence -4 nominated attacks with nominated responses from Shisochin i kata continuously

- double handed front wrist grab response

– Single handed shove response

– right leg front kick response

– Double front shirt grab response

Self defence -4 nominated attacks with personal responses from Shisochin kata continuously

Self defence -4 nominated attacks with nominated responses from Sepai kata 1 at a time

- Double-handed single wrist grab

- Right-hand punch

- Rear double wrist grab

- Right-hand chest grab

Self defence -4 nominated attacks with personal responses from Sepai kata 1 at time

Roku dan -6th dan Black belt (10mm Red stripe thru middle of belt) Lower Wizards Level – Mans ability to put his ideas into practice. “It is good to have an end to journey towards, but it is the journey that matters, in the end”

6 year duration minimum on Yon Dan

Demonstrate the following

-Hakama is on correctly.

Thesis (Click Here to View Examples of 5th to 6th Dan Study on Breath Control in Sanchin & Tensho Katas & Sanchin & Tensho Katas How it Relates to Chakras

-A subject concerning the further development of breathing in kata sanchin & tensho and how relates to chakras – ie study of pranic healing is suggested (Min 1000 words) must be produced in PDF and submitted 6 months prior to grading.

Kata’s demonstrated;

- Gekisai Dai Itch -full
- Gekisai Dai Ni -full
- Sanchin kata
- Tensho kata
- Seinchin kata
- Saifa kata
- Sanseiru
- Seisan kata
- Shisochin kata
- Seipai kata all the way through
- Karurunfa

Weapons Kata demonstrated

- Bokken Kamai Kata NEW
- Bokken Eight Cut Flow Drill NEW
- Bokken Eight Directional Cut Flow Drill NEW
- Bokken Kata Full
- Bokken 1 Step Kata – Over Head Cut NEW
- Bokken 1 Step Kata – Mid Section Cut NEW
- Bokken 1 Step Kata – Diagonal Upward Cut NEW

Self defence 4 nominated attacks with nominated responses from Karurunfa kata continuously

Self defence 4 personal attacks with personal responses from Karurunfa kata continuously

Sichi Dan (7th Dan) (2 Red stripes thru middle of belt) Middle Wizard Level – Mans ability to consolidate and organize the material world. “One must empty out the old to make room for the new”

7 year duration minimum on Yon Dan

Demonstrate the following

-Hakama is on correctly.

Thesis on 6th to 7th Dan Study on Philosophy

-A subject concerning philosophy (Min 1500 words) must be produced in PDF and submitted 6 months prior to grading.

Kata’s demonstrated;

- Gekisai Dai Itch -full
- Gekisai Dai Ni -full
- Sanchin kata
- Tensho kata
- Seinchin kata
- Saifa kata
- Sanseiru
- Seisan kata
- Shisochin kata
- Seipai kata all the way through
- Karurunfa
- Superunpei

Weapons Kata demonstrated

- Bokken Kamaï Kata NEW
- Bokken Eight Cut Flow Drill NEW
- Bokken Eight Directional Cut Flow Drill NEW
- Bokken Kata Full
- Bokken 1 Step Kata – Over Head Cut NEW
- Bokken 1 Step Kata – Mid Section Cut NEW
- Bokken 1 Step Kata – Diagonal Upward Cut NEW

Self defence 4 nominated attacks with nominated responses from Superrunpei kata continuously

Self defence 4 personal attacks with personal responses from Superrunpei kata continuously

Hachi Dan (8th Dan) (3 Red stripes thru middle of belt)

Upper Wizard Level- Mans ability to analyze, to divide up the world into its constituent parts.

7

year duration minimum on Yon Dan

Demonstrate the following -Hakama is on correctly.	Thesis on 7th to 8th Dan Study on Origins & History of Goju Kata -A subject concerning origins & history of all Goju Kata (Min 2000 words) must be produced in PDF and submitted 6 months prior to grading.
Kata's demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata -Seipai kata all the way through -Karurunfa -Superunpei	Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Eight Directional Cut Flow Drill NEW -Bokken Kata Full -Bokken 1 Step Kata – Over Head Cut NEW -Bokken 1 Step Kata – Mid Section Cut NEW -Bokken 1 Step Kata – Diagonal Upward Cut NEW
Self defence demonstrated continuous all 4 one after the after in order;;4 nominated attacks with 4 nominated from each Goju kata -Gekisai Dai Ichi -Gekisai Dai Ni -Sanchin -Tensho -Seinchin -Saifu -Sanseiru -Seisan -Shisochin -Seipai -Karurunfa -Superunpei	

Ku Dan (9th Dan) (Red belt 2 x 10mm black stripes thru middle of belt) & Ju dan – (10th dan Black belt) (Full Red Belt) Professional and Chief Grand Professional Levels – Mans ability to penetrate and unite all worlds of matter and spirit.

7 year duration minimum on Yon Dan

<p>Demonstrate the following -Hakama is on correctly.</p>	<p>Thesis on 9th to 10th Dan Complete Study on the Origins & History of Martial Arts -A subject concerning origins & history of martial arts or wushu as it was call in chinese starting with Shou Shu to Goju lineage (Min 2000 words) must be produced in PDF and submitted 6 months prior to grading.</p>
<p>Kata's demonstrated; - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata -Seipai kata all the way through -Karatunfa -Superunpei</p>	<p>Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Eight Directional Cut Flow Drill NEW -Bokken Kata Full -Bokken 1 Step Kata – Over Head Cut NEW -Bokken 1 Step Kata – Mid Section Cut NEW -Bokken 1 Step Kata – Diagonal Upward Cut NEW Weapons Kata demonstrated -Bo Kamai Kata NEW -Butterfly hands twirling kata -Bo Kata Full Solo -Bo Kata partnered</p>
<p>Optional Third Weapon of Choice (Nunchuku, Sai, Sticks, Eku, Tonfa, Bo, Jo etc) NEW -</p>	
<p>Self defence – 3 nominated attacks for Bo Continuous all 4 one after the after in order;; 4 nominated attacks with 4 nominated from each Goju kata - Overhead strike - Side Strike - Groin Strike</p>	<p>Weapons Self defence 3 Nominated attacks with nominated & personal responses from Bokken Kata done continuously - overhead strike - horizontal Strike - lower strike to leg</p>
<p>Sparring with Foam bokkens 3 x 2 min rounds</p>	<p>Sparring with Foam bo's 3 x 2 min rounds</p>

**ADULTS KARATE GRADING MATRIX
MAINSTREAM & OVER 40s REQUIREMENTS COMBINED**



FORMAT - 2024