

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

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

<p><b>Padwork – 2 x 1 min rounds moving into grapple</b></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><b>Padwork – 3 x 1 min rounds moving into grapple</b></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><b>Padwork – 4 x 1 min rounds moving into grapple</b></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 &amp; side kicking out on shield</p>	<p><b>Padwork – 5 x 1 min rounds moving into grapple</b></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 &amp; legs (mostly legs keeping person away)  -1 x 1 min on back front &amp; side kicking out on shield</p>
<p><b>Sparring Not Required Floor Work Not Required</b></p>	<p><b>Sparring Not Required Floor Work Not Required</b></p>	<p><b>Sparring Not Required Floor Work Not Required</b></p>	<p><b>Floor work</b> 1 x 1 min basic guard pass drill level 1</p>
		<p><b>Shadow Sparring 1 x 1 min</b></p>	<p><b>Shadow Sparring 1 x 1 min</b></p>

<b>Teens Green Belt - 1 brown tip</b> (3rd Kyu) PAGE 1	<b>Teens Green Belt - 2 brown tip</b> (3rd Kyu) PAGE 1	<b>Teens Brown Belt</b> (2nd Kyu) "WHEN YOU SEE A WORTHY PERSON ENDEAVOR TO EMULATE THEM. WHEN YOU SEE AN UNWORTHY PERSON THEN EXAMINE YOUR INNER SELF."
<b>TO BE "NO" Assistant Out Front For Demonstrations &amp; Exercise Purposes.</b>	<b>TO BE "NO" Assistant Out Front For Demonstrations &amp; Exercise Purposes.</b>	<b>TO BE "NO" Assistant Out Front For Demonstrations &amp; Exercise Purposes.</b>
<b>Demonstrate the following</b> -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) <b>-Best Stretch Shown</b>	<b>Demonstrate the following</b> -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) <b>-Best Stretch Shown</b>	<b>Demonstrate the following</b> -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups , planking , squats, (20) <b>-Best Stretch Shown</b>
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fighting stance -L/leg back deep lunging -Prepare -cover -R/L back half lunging -bear stance
<b>Footwork from fighting stance</b> -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward	<b>Footwork from fighting stance</b> -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward	<b>Footwork from fighting stance</b> -change over forward and backward -Lunge forward and backward sideways - switch on the spot -half shuffle forward and backward
<b>Kihon Waza Exercises</b> -Tsuki Waza (3 reps per singles, doubles, triples ) -Uke Waza 1,2 -Ukemi Waza by numbers	<b>Kihon Waza Exercises</b> -Tsuki Waza (3 reps per singles, doubles, triples ) -Uke Waza 1,2 -Ukemi Waza by numbers	<b>Kihon Waza Exercises</b> -Tsuki Waza (3 reps per singles, doubles, triples ) -Uke Waza 1,2 -Ukemi Waza by numbers
<b>Checks demonstrated from shoulder width stance to count of 3 reps each</b> -half check -roll check -full check -cross check	<b>Checks demonstrated from shoulder width stance to count of 3 reps each</b> -half check -roll check -full check -cross check	<b>Checks demonstrated from shoulder width stance to count of 3 reps each</b> -half check -roll check -full check -cross check
<b>Strikes -(fighting stance)</b> -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	<b>Strikes -(fighting stance)</b> -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	<b>Strikes -(fighting stance)</b> -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><b>Knees</b></p> <ul style="list-style-type: none"> <li>-Left straight knee</li> <li>-Right round knee</li> </ul>	<p><b>Knees</b></p> <ul style="list-style-type: none"> <li>-Left straight knee</li> <li>-Right round knee</li> </ul>	<p><b>Knees</b></p> <ul style="list-style-type: none"> <li>-Left straight knee</li> <li>-Right round knee</li> </ul>
<p><b>Basic kicks from fighting stance moving</b></p> <ul style="list-style-type: none"> <li>-L/ front</li> <li>-R/round</li> <li>-L/ side</li> <li>-R/ back</li> <li>-L/ hook</li> <li>-L/R crescent</li> <li>-L/R jump</li> </ul>	<p><b>Basic kicks from fighting stance moving</b></p> <ul style="list-style-type: none"> <li>-L/ front</li> <li>-R/round</li> <li>-L/ side</li> <li>-R/ back</li> <li>-L/ hook</li> <li>-L/R crescent</li> <li>-L/R jump</li> </ul>	<p><b>Basic kicks from fighting stance moving</b></p> <ul style="list-style-type: none"> <li>-L/ front</li> <li>-R/round</li> <li>-L/ side</li> <li>-R/ back</li> <li>-L/ hook</li> <li>-R/ ? Mark</li> <li>-L/R crescent</li> <li>-L/ jump</li> </ul>
<p><b>Kata's</b></p> <ul style="list-style-type: none"> <li>- Gekisai Dai Itch -full</li> <li>- Gekisai Dai Ni -full</li> <li>-Sanchin Focus Footwork</li> </ul>	<p><b>Kata's</b></p> <ul style="list-style-type: none"> <li>- Gekisai Dai Itch -full</li> <li>- Gekisai Dai Ni -full</li> <li>-Sanchin Focus on hand positions</li> <li>-Tensho focus on hand positions</li> </ul>	<p><b>Kata's</b></p> <ul style="list-style-type: none"> <li>- Gekisai Dai Itch -full</li> <li>- Gekisai Dai Ni -full</li> <li>-Sanchin</li> <li>-Tensho</li> </ul>
<p><b>Self defence:</b></p> <p><b>-1 nominated rear attack with nominated responses from kata / kihon</b></p> <ul style="list-style-type: none"> <li>-bear hug</li> </ul>	<p><b>Self defence:</b></p> <p><b>-2 nominated rear attack with nominated responses from kata / kihon</b></p> <ul style="list-style-type: none"> <li>-bear hug</li> <li>-single hair grab rear</li> </ul>	<p><b>Self defence</b></p> <p><b>4 nominated rear attack with nominated responses from kata / kihon</b></p> <ul style="list-style-type: none"> <li>-bear hug</li> <li>-single hair grab rear</li> <li>-rear choke hold</li> <li>-single rear shoulder grab</li> </ul>
<p><b>Padwork – 6 x 1 min rounds moving into grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min hands &amp; grapple and knee focus pads</li> <li>-1 x 1 min kicks grapple &amp; knees on shields</li> <li>-1 x 1 min hands, kicks grapple knee on shields</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 min on back kicking out on shield</li> <li>-1 x1 min hands /elbows from mount position punching down on focus pads</li> </ul>	<p><b>Padwork – 6 x 1 min rounds moving into grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min hands &amp; grapple and knee focus pads</li> <li>-1 x 1 min kicks grapple &amp; knees on shields</li> <li>-1 x 1 min hands, kicks grapple knee on shields</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 min on back kicking out on shield</li> <li>-1 x1 min hands /elbows from mount position punching down on focus pads</li> </ul>	<p><b>Padwork – 7 x 1 min rounds moving in to grapple</b></p> <ul style="list-style-type: none"> <li>-1 x 1 min L/R punch, grapple neck then 2 knees on focus pads</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x 1 min on back front &amp; side kicking out on shield</li> <li>-1 x1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads</li> <li>-1 x 1 min straight punches and straight kick on 2 shields</li> </ul>

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

<b>Teens Brown Belt - 1 black tip</b> (1st Kyu) PAGE 1	<b>Teens Brown Belt - 2 black tip</b> (1st Kyu) PAGE 1	
<b>Demonstrate the following</b> -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) <b>-Best Stretch Shown</b>	<b>Demonstrate the following</b> -Uniform is on correctly, including belt, bow in procedures -Basic understanding of warm up -Required number of sit ups, planking, squats, (20) <b>-Best Stretch Shown</b>	
<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	<b>Stances</b> -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	
<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	<b>Footwork</b> -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	
<b>Kihon Waza Exercises</b> -Tsuki Waza (3 reps per singles, doubles, triples ) -Uke Waza 1,2 -Ukemi Waza by numbers	<b>Kihon Waza Exercises</b> -Tsuki Waza (3 reps per singles, doubles, triples ) -Uke Waza 1,2 -Ukemi Waza by numbers	
<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	<b>Checks</b> -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	
<b>Strikes from fighting stance moving .</b> -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	<b>Strikes from fighting stance moving .</b> -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><b>Knees</b> -L/Front knee -R/ round knee</p> <p><b>Basic kicks from fighting stance moving.</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks &amp; knees -L leg spinning side kick -R spinning hook kick</p> <p><b>Kata's</b> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho - Seinchin 24</p> <p><b>Self Defence 1 at time</b> <b>1 nominated front grab attack with nominated responses from Seinchin kata / Kihon</b> -straight punch</p> <p><b>Takedowns 1 at time</b> 1 nominated takedowns response – Round house kick attack, catch /grapple kick strike to face grab leg reap takedown ground and pound.</p> <p><b>Padwork 8 x 1 min (MUST HAVE OWN PAD HOLDER )</b> -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 &amp; legs (mostly legs keeping person away) -1 x 1 min on back front &amp; 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>	<p><b>Knees</b> -L/Front knee -R/ round knee</p> <p><b>Basic kicks from fighting stance moving.</b> -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks &amp; knees -L leg spinning side kick -R spinning hook kick</p> <p><b>Kata's</b> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin -Tensho - Seinchin 36</p> <p><b>Self Defence 1 at time</b> <b>2 nominated front grab attack with nominated responses from Seinchin kata / Kihon</b> -straight punch -double neck grab front</p> <p><b>Takedowns 1 at a time</b> – 2 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</p> <p><b>Padwork 8 x 1 min (MUST HAVE OWN PAD HOLDER )</b> -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 &amp; legs (mostly legs keeping person away) -1 x 1 min on back front &amp; 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>	
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<p><b>Floor work</b>  -1 x 1 min basic guard pass drill level 1 with striking  -1 x 1 min basic guard pass drill level 2 with striking &amp; submissions  <b>(over 40s instead pair up on ground in guard, punch up or down into focus mitts for 1</b></p>	<p><b>Floor work</b>  -1 x 1 min basic guard pass drill level 1 with striking  -1 x 1 min basic guard pass drill level 2 with striking &amp; submissions  <b>(over 40s instead pair up on ground in guard, punch up or down into focus mitts for 1</b></p>	
<p><b>Sparring-4x1-minute rounds of touch contact sparring</b>  -1 round hands &amp; legs  -1 round hands  -1 round legs  -1 round hands &amp; legs</p>	<p><b>Sparring-4x1-minute rounds of touch contact sparring</b>  -1 round hands &amp; legs  -1 round hands  -1 round legs  -1 round hands &amp; legs</p>	
<p><b>Shadow Sparring</b>  <b>2 x 1 min</b></p>	<p><b>Shadow Sparring</b>  <b>2 x 1 min</b></p>	

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

<p><b>Medical certificate no older than 7 days. (Fill out this form here)</b></p> <p><b>12 oz Gloves are compulsory to wear during kumite</b>  <b>Repeat out aloud the black belt pledge</b></p> <p><b>Demonstrate the following</b>          -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"> <li>• Skeletal system (include joint types)</li> <li>• Muscular system – include “ The structure of a body joint &amp; how a body joint moves/works”</li> <li>• Cardiovascular system – measure your own resting hear rate, blood pressure and your fitness level.</li> <li>• Digestive system – include the Food Triangle. Get your Cholesterol and Diabetes levels checked and include these in report.</li> <li>• One other body system of your choice</li> </ul>
<p><b>Stances</b>          -Shoulder          -squatting          -side on          -R/leg back fight stance          -L/leg back deep lunge          -prepare          -cover          -bear stance          -half lunge          -cat</p>	<p><b>Footwork</b>          -change over forward &amp; back          -switch on the spot          -half shuffle forward / back          -lunge forward &amp; back</p>
<p><b>Kihon Waza Exercises</b>          -Tsuki Waza (3 reps per singles, doubles, triples )          -Uke Waza 1,2          -Ukemi Waza by numbers</p>	<p><b>Checks</b>          -L/leg half leg check          -R/leg full check          -L/leg cross check          -R/leg roll check          -L/R straight check</p>
<p><b>Strikes from fighting stance moving</b>          -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><b>Basic Kicks</b>          -L/ front          -R/round          -L/ side          -R/ back          -L/ hook          -R/ ? Mark          -L/R crescent          -L/ jump kicks &amp; knees          -L leg spinning side kick          -R spinning hook kick          -spinning outside crescent kick</p>

<p><b>Kata's</b> - Gekisai Dai Itch -full  - Gekisai Dai Ni -full  -Sanchin  -Tensho  -Seinchin</p>	
<p><b>-4 nominated front grab attack with nominated responses from Seinchin kata</b>  -straight punch  -double neck grab front  -double wrist grab  -double chest grab</p>	<p><b>Takedowns continuous 1 at a time</b>  – <b>2 nominated takedowns response</b>  – 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><b>Floor work - 2 x 1 min round basic guard pass drill (level 1 &amp; 2) (over 40s instead pair up on ground in guard, punch up or down into focus mitts for 2 x 1 min)</b>  1 x 1 min of level 1 guard pass drill</p>	
<p><b>Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER)</b>  -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 &amp; legs (mostly legs keeping person away)  -1 x 1 min on back front &amp; side kicking out on shield  -1 x 1 min on back front &amp; 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><b>Sparring-5x1-minute rounds of touch contact sparring</b>  -1 round hands &amp; legs  -1 round hands  -1 round legs  -2 round hands &amp; legs</p>
<p><b>Shadow Sparring</b>  <b>3 x 1 min</b></p>	

## Teens 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 grabs from behind
- Brown to black belt – 4 nominated front grabs
- Brown to black belt – 4 nominated knife attacks

### Takedowns 1 at a time

- 2 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

### 4 Nominated attacks with nominated 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

### 3 Nominated attacks with nominated 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

**Teens 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 &amp; 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 2<sup>nd</sup> 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><b>Second Year Grading for Two White Stripes</b>  <b>Kata’s demonstrated;</b>                  - 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  <b>Weapons Kata demonstrated</b>                  -Bokken Kamai Kata NEW                  -Bokken Eight Cut Flow Drill NEW                  -Bokken Kata (half only - plus pattern to move 6)</p>	<p><b>Third Year Grading for 2<sup>nd</sup> Red Stripe (Full 2 Dan Grade)</b>  <b>Kata’s demonstrated;</b>                  - 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  <b>Weapons Kata demonstrated</b>                  -Bokken Kamai Kata NEW                  -Bokken Eight Cut Flow Drill NEW                  -Bokken Kata (half only - plus pattern to move 6)</p>
	<p><b>Self defence -2 nominated attacks with nominated &amp; personal responses from Seisan kata 1 at a time</b>                  - right wrist grab by attackers left hand                  - double front wrist grab</p>	<p><b>Self defence -4 nominated attacks with nominated &amp; personal responses from Seisan kata 1 at a time</b>                  - 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><b>Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER )</b></p> <ul style="list-style-type: none"> <li>-1x1 min L/R punch, R'elbow, grapple neck then 2 knees,</li> <li>-1 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-1 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-1 x1 min on back front &amp; side kicking out on shield</li> <li>-1 x 1 min on back front &amp; side kicking out on shield pad holder is trying to get to side control</li> <li>-1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads</li> <li>-1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads</li> <li>-1 x 1 min straight punches and straight kick on 2 shields</li> <li>-1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around</li> </ul>	<p><b>Padwork 20 x 1 min (MUST HAVE OWN PAD HOLDER )</b></p> <ul style="list-style-type: none"> <li>-2x1 min L/R punch, R'elbow, grapple neck then 2 knees,</li> <li>-2 x 1 min front kick, round kick then grapple neck then 2 knees on shield</li> <li>-2 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield</li> <li>-2 x 1 min hands &amp; legs (mostly legs keeping person away)</li> <li>-2 x1 min on back front &amp; side kicking out on shield</li> <li>-2 x 1 min on back front &amp; side kicking out on shield pad holder is trying to get to side control</li> <li>-1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads</li> <li>-1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads</li> <li>-2 x 1 min straight punches and straight kick on 2 shields</li> <li>-1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around</li> <li>-1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle</li> <li>-1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around</li> <li>-1 x 1 min hold outside circle, legs only kicking out at shield as you move around pad holder in middle</li> </ul>
	<p><b>Sparring-5x1-minute rounds of touch contact sparring</b></p> <ul style="list-style-type: none"> <li>-1 round hands &amp; legs</li> <li>-1 round hands</li> <li>-1 round legs</li> <li>-1 round hands &amp; legs</li> </ul>	<p><b>Sparring-5x1-minute rounds of touch contact sparring</b></p> <ul style="list-style-type: none"> <li>-1 round hands &amp; legs</li> <li>-1 round hands</li> <li>-1 round legs</li> <li>-1 round hands &amp; legs</li> </ul>
	<p><b>Shadow Sparring</b> <b>3 x 1 min</b></p>	<p><b>Shadow Sparring</b> <b>3 x 1 min</b></p>
		<p><b>Last updated 9/ 11/2022 no floor grappling</b></p>

# Teens 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><b>Demonstrate the following</b>  <b>-Hakama is on correctly.</b></p> <p><b>Kata’s demonstrated;</b>                      - 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  <b>-Seisan</b></p> <p style="color: red;"><b>Weapons Kata demonstrated</b>                      -Bokken Kamai Kata NEW                      -Bokken Eight Cut Flow Drill NEW                      -Bokken Kata (half only - plus pattern to move 6</p>	<p><b>Demonstrate the following</b>                      -Hakama is on correctly.</p> <p><b>Kata’s demonstrated;</b>                      - 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  <b>-Seisan</b></p> <p style="color: red;"><b>Weapons Kata demonstrated</b>                      -Bokken Kamai Kata NEW                      -Bokken Eight Cut Flow Drill NEW                      -Bokken Kata (half only - plus pattern to move 6</p>	<p><b>Demonstrate the following</b>                      -Hakama is on correctly.</p> <p><b>Kata’s demonstrated;</b>                      - 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  <b>-Seisan</b></p> <p style="color: red;"><b>Weapons Kata demonstrated</b>                      -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;"><b>Lecture / Thesis on 2nd to 3rd Dan Study on Meditation</b></p> <p><b>-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.</b></p> <p><b>- A Martial Arts focus on this knowledge – Describe ONE martial self-defence technique in anatomical terms.</b></p> <p><b>This to be in 4 sections:</b></p> <ol style="list-style-type: none"> <li><b>1. What is the attack you are defending against?</b></li> <li><b>2. What is your response and which kata do these movements come from.</b></li> <li><b>3. What affect will your response have on the attacker?</b></li> </ol> <p><b>How will your attacker now need to treat these injuries?</b></p>

<p><b>Self Defence Demonstrated Continuous;</b></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 2 on 1 attack</p>	<p><b>Self Defence Demonstrated Continuous ;</b></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 2 on 1 attack</p>	<p><b>Self Defence Demonstrated Continuous ;</b></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 2 on 1 attack</p>
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**Teens 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><b>Demonstrate the following</b> -Hakama is on correctly.</p>	<p><b>Demonstrate the following</b> -Hakama is on correctly. <b>Lecture / Thesis on 3rd to 4th Dan Study on Goju Weapons</b> <b>-Study on the history &amp; origins of Goju weapons kata 5000 words must be produced in PDF and submitted 1 months prior to grading.</b></p>
	<p><b>Kata’s demonstrated;</b> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata</p>	<p><b>Kata’s demonstrated;</b> - Gekisai Dai Itch -full - Gekisai Dai Ni -full -Sanchin kata -Tensho kata -Seinchin kata -Saifa kata -Sanseiru -Seisan kata -Shisochin kata</p>
	<p><b>Self defence -4 nominated attacks with nominated &amp; personal responses from Shisochin kata 1 at a time</b> - double handed front reach/shove &amp; Personal response – Right wrist grab by the attackers left hand &amp; Personal response</p>	<p><b>Self defence -4 nominated attacks with nominated &amp; personal responses from Shisochin kata 1 at a time</b> - double handed front reach/shove &amp; Personal response – Right wrist grab by the attackers left hand &amp; Personal response – right leg front kick &amp; personal response – Double front shirt grab &amp; Personal response</p>
	<p><b>Weapons Kata demonstrated;</b> -Bokken Kamai Kata NEW prev 1 dan -Bokken Eight Cut Flow Drill NEW prev 1 dan <b>-Bokken Eight Directional Cut Flow Drill NEW</b> <b>-Bokken Kata Full</b></p>	<p><b>Weapons Kata demonstrated</b> -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Eight Directional Cut Flow Drill NEW -Bokken Kata Full <b>-Bokken 1 Step Kata – Over Head Cut NEW</b> <b>-Bokken 1 Step Kata – Mid Section Cut NEW</b> <b>-Bokken 1 Step Kata – Diagonal Upward Cut NEW</b></p>

		<p><b>-Second Weapon of Choice (Bo,) NEW</b></p> <p><b>-Bo Kamai</b></p> <p><b>- Bo Kata</b></p>
	<p><b>Weapons Self defence 3 Nominated attacks with nominated responses from Bokken Kata done continuously</b></p> <ul style="list-style-type: none"> <li>- overhead strike</li> <li>- horizontal Strike</li> <li>- lower strike to leg</li> </ul>	<p><b>Weapons Self defence 3 Nominated attacks with nominated &amp; personal responses from Bokken Kata done continuously</b></p> <ul style="list-style-type: none"> <li>- overhead strike</li> <li>- horizontal Strike</li> <li>- lower strike to leg</li> </ul>
		<p><b>Weapons Self defence 3 Nominated attacks with nominated &amp; personal responses from Bo Kata done continuously</b></p> <ul style="list-style-type: none"> <li>- overhead strike</li> <li>- horizontal Strike</li> <li>- groin strike</li> </ul>
	<p><b>Sparring with Foam bokkens</b></p> <p>3 x 2 min rounds</p>	<p><b>Sparring with Foam bokkens &amp; Bo</b></p> <p>3 x 2 min rounds</p>

**Teens 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 Seipai 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 personal attacks with personal responses from Seipai kata continuously 3 on 1 attack**

**Self defence 8 nominated attacks with nominated responses from Sepia kata 1 at a time**

-1 man 8 directional attack using applications from Seipai kata, (No warning required- using one partner only)

**Teens 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**

**Teens 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
- Karutunfa
- 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**

## Teens 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

<p><b>Demonstrate the following</b> -Hakama is on correctly.</p>	<p>Thesis on 7th to 8th Dan Study on Origins &amp; History of Goju Kata -A subject concerning origins &amp; history of all Goju Kata (Min 2000 words) must be produced in PDF and submitted 6 months prior to grading.</p>
<p><b>Kata's demonstrated;</b> - 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</p>	<p><b>Weapons Kata demonstrated</b> -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><b>Self defence demonstrated continuous all 4 one after the after in order;;4 nominated attacks with 4 nominated from each Goju kata</b> -Gekisai Dai Ichi -Gekisai Dai Ni -Sanchin -Tensho -Seinchin -Saifu -Sanseiru -Seisan -Shisochin -Seipai -Karurunfa -Superunpei</p>	

**Teens 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><b>Demonstrate the following</b> -Hakama is on correctly.</p>	<p>Thesis on 9th to 10th Dan Complete Study on the Origins &amp; History of Martial Arts -A subject concerning origins &amp; 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><b>Kata's demonstrated;</b> - 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><b>Weapons Kata demonstrated</b> -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 <b>Weapons Kata demonstrated</b> -Bo Kamai Kata NEW -Butterfly hands twirling kata -Bo Kata Full Solo -Bo Kata partnered</p>
<p><b>Optional Third Weapon of Choice (Nunchuku, Sai, Sticks, Eku, Tonfa, Bo, Jo etc) NEW</b> -</p>	
<p><b>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</b> - Overhead strike - Side Strike - Groin Strike</p>	<p><b>Weapons Self defence 3 Nominated attacks with nominated &amp; personal responses from Bokken Kata done continuously</b> - overhead strike - horizontal Strike - lower strike to leg</p>
<p><b>Sparring with Foam bokkens</b> 3 x 2 min rounds</p>	<p><b>Sparring with Foam bo's</b> 3 x 2 min rounds</p>

# **TEENS KARATE GRADING MATRIX MAINSTREAM REQUIREMENTS COMBINED**



**FORMAT - 2024**