

Black Belt Grading

Warm up

Kihon and hand combinations

Stepping oi tsuki moving forwards and backwards

Stepping oy tsuki moving forwards, each step backwards a different one of the basic blocks

Stepping forwards then backwards - jodan age uke to gedan barai with front arm, then gyaku tsuki

Stepping forwards then backwards - uchi uke to gazami tsuki with front arm, then gyaku tsuki

Stepping forwards then backwards - soto uke to uraken with same arm, then gyaku tsuki

Stepping forwards and backwards doing shuto in kokutsu dachi

Stepping forwards and backwards - shuto in kokutsu dachi, switching to zenkutsu dachi and gyaku tsuki

Stepping forwards and back doing chuge uke in zenkutsu dachi

Stepping forwards and back doing mawashi uke in zenkutsu dachi

Stepping forwards and back in nekoashi dachi doing kake uke

Stepping forwards and back in nekoashi dachi but turning to the corners whilst doing kake uke

Standing in han zenkutsu dachi, jab reverse slowly then full intensity, then change legs and repeat

Standing in han zenkutsu dachi, jab with two foot shuffle, then lunge with front leg and gyaku tsuki

Black belts only, repeat but must take bigger steps. Browns watch

Kicks

Very brief stretch (suggest you stretch off before grading)

Stepping mae geri kicking back leg when stepping forwards and with front leg when moving backwards

Stepping mawashi geri kicking back leg when stepping forwards and with front leg when moving backwards

Turn to side - stepping side kicks in both directions

Stand in zen kutsu, step up back kick (step across with front foot (left foot for example), step up with back (right)

foot turning body 180 degrees so you are facing back of hall, do back kick with front (right) foot to the front of hall.

MANY PEOPLE FAILED ASSESSMENT ON THIS SKILL!!!!

Stepping back leg mae geri, stepping back leg mawashi geri, step up side kick, step up back kick

Kata

Whole group does taigyoku shodan

Taigyoku nidan

Saifa

Bassai Dai

Seiunchin

Empi

All black belts did sanseru

All shodans and nidans also did sepai and hangetsu

All nidans also did kanku dai and kururunfa

Then each grade got up and did their grade kata/s whilst being very closely watched

Kumite

All up - one side attacks, whilst the other defends only, then they change

All up - one side attacks, whilst the other defends and counters, then they change

All up - one side attacks win a minimum of 3 technique combinations, whilst the other defends, then they change

All up - Both sides start at arm's length, and they must fight jiu kumite at that range, not getting further away

Brown belts only - Jiyu kumite versus other browns and RMs

Black belts only - Jiyu kumite versus other blacks and RMs

Shodans and nidans only versus other blacks and RMs

Nidans only versus RMs, two rounds