

**BOB JONES MARTIAL ARTS**



**CLUB MANAGEMENT**

**ZEN DO KAI  
SENIOR SYLLABUS**

**HANSHI BRAD ROSS  
BJMA EAST COAST CHIEF INSTRUCTOR**

**NOTE – THIS DOCUMENT IS DUE FOR REVIEW – DEC 2017**

# ZEN DO KAI DEGREE PROTOCOLS

## ROLES & RESPONSIBILITIES

### BJMA East Coast Chief Instructor

- Provide Syllabus
- Provide Training Opportunities
- Ensure standards are maintained/improved
- Ensure Family Heads/Clan Heads/Instructors understand their roles and responsibilities
- Comply with BJMA standards & expectations

### Family Heads (5<sup>th</sup> degree & above) & Clan Heads (3<sup>rd</sup> & 4<sup>th</sup> degrees) are responsible for: -

- Keeping the Chief Instructor up to date with grading nominations/promotions
- Their students being of an acceptable standard before grading
- Their students have attended the appropriate number of training days
- Their students understand the grading requirements
- Their students understand the failing policy

### Instructors (1<sup>st</sup> & 2<sup>nd</sup> degrees) are responsible for: -

- Keeping their Family Head up to date with grading nominations/promotions
- Their students being of an acceptable standard before grading
- Their students have attended the appropriate number of training days
- Their students understand the grading requirements
- Their students understand the failing policy

## GRADING PROCESS

- 2016 – Students who currently have been awarded their Ho rank will complete their Ho rank grading following the State Mid-year grading on the Sunshine Coast.
- If successful students will grade at Senjo 2016
- No future checks are required by State Coordinators
- Instructors will make final decision if student is at acceptable standard
- Grade coordinators will work with students for 1 to 2 hours at each Black Belt Training Day
- 2016 – Students will complete their Ho rank grading at the designated Black Belt Training Day prior to Senjo and if successful will be awarded their Ho rank at Senjo.

## CURRENT STRUCTURE

- Soke Bob Jones – Founder
- Hanshi Jim Friis – Qld State Head
- Chief Instructor – Hanshi Brad Ross
- Family Heads – Kyoshi Bruce Maile, Kyoshi Kyl Reber (Above 5th Degree)
- Clan Heads – Renshi Rob McIntyre, Renshi Graham Maxwell, Renshi Steve Panebiango, Sensei Matt Ramsay, Sensei Jaye Howard
- Club Instructors – Sempai Leisa Flynn

## CURRENT UPLINE

- These Instructors will be given approval to grade by Kyoshi Brad: Renshi Rob McIntyre, Renshi Graham Maxwell, Renshi Steve Panebiango, Sensei Matt Ramsay, and Sensei Jaye Howard.
- All club Instructors will look after their own students
- Renshi Rob McIntyre will look after Gladstone and Tannum Sands students
- It is the responsibility of the downline instructors to seek out instruction from their up line.

NOTE: Each club instructor is reserved the right to refuse their student from grading. It is also the right of the Chief Instructor to refuse any student from grading. This will only happen after due consultation with the appropriate people.

## TRANSITION FROM JUNIOR TO SENIOR CLASS

This must be on an individual level. Generally, by the time the students is 14 years of age, they can be looking at senior classes, but this is only general.

Some instructors have been known to give these students in the transition stage, senior class content/concepts before moving up. Some have their students in the transitional stage do split senior and junior class. This is to give then a trial run for a while with the security of getting back to their junior sessions.

Other instructors have employed a “buddy” system, where they are introduced to someone from the senior class to “look after them and train with them” during that initial stages of senior classes. The general concept is....”to make it as less difficult and stress free” as possible for the students moving to senior classes so that they “don’t drop out!”

If you find or feel that the student isn’t ready to move to senior class, or just simply isn’t big enough...then that’s ok. You can keep them there with the juniors and re-evaluate at the start of the next year if not earlier. If they’ve been with you for a few years...the last thing you want is to lose them. So, plan a head, talk the student, talk to their parents, and make it a team thing.

| JUNIOR RANK | SENIOR RANK | JUNIOR TITLE   |
|-------------|-------------|----------------|
| WHITE BELT  | WHITE BELT  | NOT APPLICABLE |
| YELLOW BELT | YELLOW BELT | NOT APPLICABLE |
| ORANGE BELT | ORANGE BELT | NOT APPLICABLE |
| BLUE BELT   | BLUE BELT   | NOT APPLICABLE |
| GREEN BELT  | GREEN BELT  | NOT APPLICABLE |
| BROWN BELT  | BROWN BELT  | NOT APPLICABLE |
| SHO DAN HO  | SHO DAN HO  | NOT APPLICABLE |
| SHODAN      | SHO DAN HO  | SEMPAI         |
| NI DAN      | SHODAN      | DAI SEMPAI     |
| SAN DAN     | NIDAN-HO    | DAI SEMPAI     |

### CERTIFICATION

Grading certificates should be marked as “JUNIOR” alongside the date on which that grading was achieved. This is to ensure that they attempt senior grading; the appropriate differentiation’s can be made.

# WHITE BELT 1<sup>ST</sup> TAG

## **WARM UP**

Calisthenics – 3 minutes

Senior - 10 Pushups, 10 Sit-ups, 10 Squats

Teens - 5 Pushups, 5 Sit-ups, 5 Squats

Stretching Routine – 3 minutes

## **FOOTWORK & STANCES**

### **Stances Drill**

1. Preparation
2. Shoulder
3. Fighting

### **Footwork Drill**

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

## **HANDS**

### **(Single Shots – Slow/Fast)**

1. Jab
2. Cross
3. Jab – Cross
4. Jab – Jab – Cross
5. Jab – Cross – Hook

## **SHADOW SPARRING**

Hands Only (1 x 2min)

### **DRILLS (X3)**

1. Punch Routine

## **PARTNER DRILLS**

### **Focus Pads (Chant X3)**

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook

### **FREECOMBAT (X3)**

1. Haymaker

### **FORM (X3)**

N/A

### **SPARRING**

N/A

# YELLOW BELT

## WARM UP

Calisthenics – 3 minutes

Senior - 15 Pushups, 15 Sit-ups, 15 Squats

Teens - 10 Pushups, 10 Sit-ups, 10 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Fighting

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Jab – Cross
7. Jab – Jab – Cross
8. Jab – Cross – Hook
9. Cross – Hook – Uppercut

## SHADOW SPARRING

Hands Only (1 x 2min)

## DRILLS (X3)

1. Punch Routine

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab

## FORM (X3)

N/A

## SPARRING

N/A

# YELLOW BELT 1<sup>st</sup> TAG

## WARM UP

Calisthenics – 3 minutes  
Senior - 20 Pushups, 20 Sit-ups, 20 Squats  
Teens - 15 Pushups, 15 Sit-ups, 15 Squats  
Stretching Routine – 3 minutes

## SPARRING

N/A

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Fighting

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Jab – Cross
6. Jab – Jab – Cross
7. Jab – Cross – Hook
8. Cross – Hook – Uppercut

## SHADOW SPARRING

Punches Only (1 x 2min)

## KICKS

### (Single Shots – Slow/Fast)

1. Front kick
2. Round kick
3. Right Rear Front Kick, Left Rear Front Kick
4. Right Roundhouse, Left Roundhouse

## SHADOW SPARRING

Kicks Only (1 x 2min)

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab

## FORM (X3)

N/A

# ORANGE BELT

## WARM UP

Calisthenics – 3 minutes

Senior - 25 Pushups, 25 Sit-ups, 25 Squats

Teens - 20 Pushups, 20 Sit-ups, 20 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Fighting

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Jab – Cross
7. Jab – Jab – Cross
8. Jab – Cross – Hook
9. Cross – Hook – Uppercut

## SHADOW SPARRING

Punches Only (1 x 2min)

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)

## SHADOW SPARRING

Mixed (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab

## FORM (X3)

N/A

## SPARRING

N/A

# ORANGE BELT 1<sup>st</sup> TAG

## WARM UP

Calisthenics – 3 minutes

Senior - 30 Pushups, 30 Sit-ups, 30 Squats

Teens - 25 Pushups, 25 Sit-ups, 25 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Fighting
4. Squating (Iron Horse)

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Jab – Cross
7. Jab – Jab – Cross
8. Jab – Cross – Hook
9. Cross – Hook – Uppercut

## SHADOW SPARRING

Hands Only (1 x 2min)

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)

## SHADOW SPARRING

Mixed (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

### FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab

## FORM

1. Iron Horse (1<sup>st</sup> Side)

## SPARRING

N/A

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## WARM UP

Calisthenics – 3 minutes

Senior - 35 Pushups, 35 Sit-ups, 35 Squats

Teens - 30 Pushups, 30 Sit-ups, 30 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Fighting
5. Dragon
6. Squating (Iron Horse)

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

Mixed (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock

## FORM (X3)

1. Iron Horse

## SPARRING

4 x 1 minute rounds  
Hands & Feet

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## WARM UP

Calisthenics – 3 minutes  
Senior - 40 Pushups, 40 Sit-ups, 40 Squats  
Teens - 30 Pushups, 30 Sit-ups, 30 Squats  
Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Fighting
5. Dragon
6. Squating (Iron Horse)

### Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

Mixed (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock

## FORM (X3)

1. Iron Horse

## SPARRING

N/A

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## WARM UP

Calisthenics – 3 minutes

Senior - 40 Pushups, 40 Sit-ups, 40 Squats

Teens - 30 Pushups, 30 Sit-ups, 30 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

## SHADOW SPARRING

Hands Only (1 x 2min)

### HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

### KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

Hands & Feet (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles – Front Run (Sanchin)

## SPARRING

N/A

# GREEN BELT

## WARM UP

Calisthenics – 3 minutes  
Senior - 50 Pushups, 50 Sit-ups, 50 Squats  
Teens - 40 Pushups, 40 Sit-ups, 40 Squats  
Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

## SHADOW SPARRING

Hands Only (1 x 2min)

### HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

### KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

### KNEES (X3)

1. Straight
2. Round

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse
7. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

### FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

### FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

## SPARRING

6 x 1 minute rounds  
Hands, Feet & Knees

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## WARM UP

Calisthenics – 3 minutes

Senior - 60 Pushups, 60 Sit-ups, 60 Squats

Teens - 40 Pushups, 40 Sit-ups, 40 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse
7. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

## SPARRING

N/A

# GREEN BELT 2<sup>ND</sup> TAG

## WARM UP

Calisthenics – 3 minutes

Senior - 65 Pushups, 65 Sit-ups, 65 Squats

Teens - 45 Pushups, 45 Sit-ups, 45 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse
7. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick
6. Switch Front Kick - Cross - Hook

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

## SPARRING

N/A

# BROWN BELT

## WARM UP

Calisthenics – 3 minutes

Senior - 75 Pushups, 75 Sit-ups, 75 Squats

Teens - 50 Pushups, 50 Sit-ups, 50 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

## SHADOW SPARRING

Hands Only (1 x 2min)

### HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

### KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## ELBOWS – (X3)

1. Round
2. Over

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. Cross – Hook - Cross
6. Jab – Cross – Left Uppercut
7. Jab – Right Uppercut – Left Hook

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Roundhouse
2. Right Roundhouse, Left Rear Front Kick
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Inside Thigh – Rear Roundhouse
5. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Hook – Rear Roundhouse
2. Jab – Cross – Hook – Rear Thigh Kick
3. Rear Uppercut – Lead Hook – Rear Thigh Kick
4. Switch Front Kick - Cross - Hook
5. Lead Hook – Cross – Switch Roundhouse
6. Jab – Cross – Right Knee
7. Jab – Cross – Step Through - Left Knee
8. Rear Uppercut – Lead Hook – Rear Thigh Kick
9. Switch Front Kick - Cross – Hook – Rear Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)

## SPARRING

8 x 1 minute rounds

Hands, Feet & Knees

# BROWN BELT 1<sup>st</sup> TAG

## WARM UP

Calisthenics – 3 minutes

Senior - 85 Pushups, 85 Sit-ups, 85 Squats

Teens - 60 Pushups, 60 Sit-ups, 60 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## ELBOWS – (X3)

1. Round
2. Over

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. Cross – Hook - Cross
6. Jab – Cross – Left Uppercut
7. Jab – Right Uppercut – Left Hook

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Roundhouse
2. Right Roundhouse, Left Rear Front Kick
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Inside Thigh – Rear Roundhouse
5. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Hook – Rear Roundhouse
2. Jab – Cross – Hook – Rear Thigh Kick
3. Rear Uppercut – Lead Hook – Rear Thigh Kick
4. Switch Front Kick - Cross - Hook
5. Lead Hook – Cross – Switch Roundhouse
6. Jab – Cross – Right Knee
7. Jab – Cross – Step Through - Left Knee
8. Rear Uppercut – Lead Hook – Rear Thigh Kick
9. Switch Front Kick - Cross – Hook – Rear Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)
4. Lull Before the Storm (Seinchin) 1<sup>st</sup> Elbow

## SPARRING – N/A

# BROWN BELT 2<sup>nd</sup> TAG

## WARM UP

Calisthenics – 3 minutes  
Senior - 100 Pushups, 100 Sit-ups, 100 Squats  
Teens - 75 Pushups, 75 Sit-ups, 75 Squats  
Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## ELBOWS – (X3)

1. Round
2. Over

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. Cross – Hook - Cross
6. Jab – Cross – Left Uppercut
7. Jab – Right Uppercut – Left Hook

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Roundhouse
2. Right Roundhouse, Left Rear Front Kick
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Inside Thigh – Rear Roundhouse
5. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Hook – Rear Roundhouse
2. Jab – Cross – Hook – Rear Thigh Kick
3. Rear Uppercut – Lead Hook – Rear Thigh Kick
4. Switch Front Kick - Cross - Hook
5. Lead Hook – Cross – Switch Roundhouse
6. Jab – Cross – Right Knee
7. Jab – Cross – Step Through - Left Knee
8. Rear Uppercut – Lead Hook – Rear Thigh Kick
9. Switch Front Kick - Cross – Hook – Rear Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

## FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)
4. Lull Before the Storm (Seinchin) 2<sup>nd</sup> Elbow

## SPARRING

N/A

# BLACK BELT

## WARM UP

### 3 Minutes each area

Calisthenics

Senior - 100 Pushups, 100 Sit-ups, 100 Squats

Teens - 75 Pushups, 75 Sit-ups, 75 Squats

Stretching Routine – 3 minutes

## FOOTWORK & STANCES

### Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

### Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

## HANDS

### (Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

## SHADOW SPARRING

Hands Only (1 x 2min)

## HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

## KICKS

### (Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back
8. Spinning Crescent

## SHADOW SPARRING

Kicks Only (1 x 2min)

## KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

## ELBOWS – (X3)

1. Round
2. Over (Downward)
3. Uppercut

## KNEES – (X3)

1. Round
2. Straight

## DRILLS

3. Hand (Punch Routine)
4. Kick (Kick Routine)
5. Combination (Adv. Punch & Kick Routine)

## SHADOW SPARRING

All 8 Weapons (1 x 2min)

## PARTNER DRILLS

### Focus Pads (Chant X3)

1. Jab – Jab – Cross
2. Jab – Cross – Hook
3. Cross – Hook – Uppercut
4. Uppercut – Hook – Cross
5. Cross – Hook - Cross
6. Jab – Cross – Left Uppercut
7. Jab – Right Uppercut – Left Hook

### Kick shields (Chant X3)

1. Right Rear Front Kick, Left Roundhouse
2. Right Roundhouse, Left Rear Front Kick
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Inside Thigh – Rear Roundhouse
5. Switch Front Kick, Spinning Back Kick

### Thai pads (Chant X3)

1. Jab – Cross – Hook – Rear Roundhouse
2. Jab – Cross – Hook – Rear Thigh Kick
3. Rear Uppercut – Lead Hook – Rear Thigh Kick
4. Switch Front Kick - Cross - Hook
5. Lead Hook – Cross – Switch Roundhouse
6. Jab – Cross – Right Knee
7. Jab – Cross – Step Through - Left Knee
8. Rear Uppercut – Lead Hook – Rear Thigh Kick
9. Switch Front Kick - Cross – Hook – Rear Roundhouse

## FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug
8. Side Shoulder Grab

## FORM / DRILLS (X3)

3. Iron Horse
4. Three Battles (Sanchin)
5. Rotating Palms (Tensho)
6. Lull Before the Storm (Seinchin)

## SPARRING

10 x 1 minute rounds

# 1ST DEGREE - SEMPAI

## *1st Degree (Shodan) –Teens & Senior*

### **PRE GRADE REQUIREMENTS**

#### **Time Frame – Mid Year Grading**

Training – 2 Black Belt classes since Shodan-Ho

Uniform – Rank Gi

Iron Horse + Explanation of form

Rotating Palms + Explanation of form

Lull Before the Storm + Explanation of form

Lightning Strikes Twice + Explanation of form

**Explanation should include these three points for each particular form.**

- 1. Vulnerable points shown**
- 2. Types of weapons shown**
- 3. Types of attacks shown**

### **GRADE REQUIREMENTS**

Time Frame – 1 year after Shodan-Ho

Training – 4 Black Belt classes since Shodan-Ho

Uniform – Rank Gi & Hakama

Weapons - Bo

- Speech - 250 words
- Three Battles (Sanchin)
- Rotating Palms
- Lull Before the Storm
- Lightning Strikes Twice
- Freeform
- Bo Kata

## *Sempai Promotion*

- ❖ Assist with training students up to Shodan-Ho
- ❖ Brought students through one whole rank (ie: blue to green belt)
- ❖ To have maintained teaching on a regular basis.
- ❖ Develop greater fitness level.
- ❖ To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- ❖ Displayed greater maturity towards an understanding of the martial arts.
- ❖ Thorough knowledge and understanding of the 1st Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Beginning Coaching General Principles Certificate (Sport & Rec. Qld)

## *Nidan-Ho*

### **PRE GRADE REQUIREMENTS**

Time Frame – 1 year after Shodan

Training – 3 Black Belt classes since Shodan

Uniform – Rank Gi

### **GRADE REQUIREMENTS**

#### **Nidan-Ho – Teens**

1. Eye of the Tornado
2. 2 X 2 Minute Rounds Shadow Sparring
3. 2 X 2 Minute Rounds Focus Pads
4. 2 X 2 Minute Rounds Kick Shields
5. 2 X 2 Minute Rounds Forearm Pads
6. 2 x 2 Minute Rounds Sparring
7. 45 Seconds break in between rounds
8. 2 Minutes stretching for warm down

#### **Nidan-Ho - Senior**

1. Eye of the Tornado
2. 2 X 3 Minute Rounds Shadow Sparring
3. 2 X 3 Minute Rounds Focus Pads
4. 2 X 3 Minute Rounds Kick Shields
5. 2 X 3 Minute Rounds Forearm Pads
6. 3 x 3 Minute Rounds Sparring
7. 45 Seconds break in between rounds
8. 2 Minutes stretching for warm down

## *Promotion Considerations*

- ❖ To have trained a student through to 1st Degree Black Belt.
- ❖ To have maintained teaching on a regular basis.
- ❖ Develop greater fitness level.
- ❖ To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- ❖ Displayed greater maturity towards an understanding of the martial arts.
- ❖ Thorough knowledge and understanding of the 2nd Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

## *Grading Format*

- A. Grade Form - Eye of the Tornado
- B. Rounds
  - 1) Shadow Sparring
  - 2) Focus Pads
  - 3) Kick Shield
  - 4) Forearm Pads
  - 5) Shadow Sparring
  - 6) Focus Pads
  - 7) Kick Shield
  - 8) Forearm Pads
  - 9) Sparring
  - 10) Sparring
  - 11) Sparring
- C. 45 Seconds break in between rounds
- D. 2 Minutes stretching for warm down

## 2<sup>ND</sup> DEGREE – DAI SEMPAI

### 2nd Degree (Nidan)

#### **PRE GRADE REQUIREMENTS**

Time Frame – 2 year after Shodan

Training – 6 Black Belt classes since Shodan

Uniform – Rank Gi

#### **GRADE REQUIREMENTS**

##### Nidan – Teens

1. Eye of the Tornado
2. Freeform / DRILLS (X3)
3. 4 X 2 Minute Rounds Shadow Sparring
4. 3 X 2 Minute Rounds Focus Pads
5. 3 X 2 Minute Rounds Kick Shields
6. 3 X 2 Minute Rounds Forearm Pads
7. 6 x 2 Minute Rounds SPARRING
8. 45 Seconds break in between rounds
9. 2 Minutes stretching for warm down

##### Nidan - Senior

1. Eye of the Tornado
2. Freeform / DRILLS (X3)
3. 4 X 3 Minute Rounds Shadow SPARRING
4. 3 X 3 Minute Rounds Focus Pads
5. 3 X 3 Minute Rounds Kick Shields
6. 3 X 3 Minute Rounds Forearm Pads
7. 6 x 3 Minute Rounds Sparring
8. 45 Seconds break in between rounds
9. 2 Minutes stretching for warm down

##### Nidan – (special considerations)

**Time Frame – 12 to 24mths after Shodan**

**Uniform – Rank Gi Top, Hakama bottom**

1. Speech – 250 words
2. Iron Horse + Explanation of form.
3. Rotating Palms + Explanation of form.
4. Lull Before the Storm + Explanation of form.
5. Lightning Strikes Twice + Explanation of form
6. Eye of the Tornado
7. Freeform
8. Bo Form
9. Katana – Sword Drawing

### Dai Sempai Promotion

- ❖ To have trained a student through to 1st Degree Black Belt.
- ❖ To have maintained teaching on a regular basis.
- ❖ Develop greater fitness level.
- ❖ To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- ❖ Displayed greater maturity towards an understanding of the martial arts.
- ❖ Thorough knowledge and understanding of the 2nd Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

### Grading Format

- A. Grade Form - Eye of the Tornado
- B. Rounds
  - 1) Shadow Sparring
  - 2) Focus Pads
  - 3) Kick Shield
  - 4) Forearm Pads
  - 5) Shadow Sparring
  - 6) Focus Pads
  - 7) Kick Shield
  - 8) Forearm Pads
  - 9) Shadow Sparring
  - 10) Focus Pads
  - 11) Kick Shield
  - 12) Forearm Pads
  - 13) Shadow Sparring
  - 14) Sparring
  - 15) Sparring
  - 16) Sparring
  - 17) Sparring
  - 18) Sparring
  - 19) Sparring
- C. 45 Seconds break in between rounds
- D. 2 Minutes stretching for warm down

## *Sandan - Ho*

### **PRE GRADE REQUIREMENTS**

Time Frame – 2 years after Nidan

Training – 6 Black Belt classes since Nidan

Uniform – Rank Gi

### **GRADE REQUIREMENTS**

#### **THEORY**

1. Lightning Strikes Twice
2. Eye of the Tornado
3. Wrath of the Python

#### **EXPLANATION OF FORM**

1. Lightning Strikes Twice
2. Eye of the Tornado
3. Wrath of the Python

**Explanation should include these three points for each particular form:**

1. **Vulnerable points shown**
2. **Types of weapons shown**
3. **Types of attacks shown**

## *Promotion Considerations*

- ❖ To have trained a student through to 2nd Degree Black Belt.
- ❖ Continue to teach regularly.
- ❖ Endeavour to have more than one school under their instruction.
- ❖ Show further consolidation of martial arts experience and teaching skills.
- ❖ Show that they have moved from “instructor” to “teacher” by the increased depth of tuition in classes taken.
- ❖ Show balanced approach in tuition to cover more aspects of the martial arts.
- ❖ Have greater communication ability.
- ❖ Demonstrate that they are thinking more about what they are teaching.
- ❖ Have long-term teaching plans/objectives for the students.
- ❖ Thorough knowledge and understanding of 3rd Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

## 3<sup>RD</sup> DEGREE - SENSEI

### *3rd Degree (Sandan) – Sensei*

#### **PRE GRADE REQUIREMENTS**

Time Frame – 3 years after Nidan

Training – 9 Black Belt classes since Nidan

Uniform – Rank Gi

#### **GRADE REQUIREMENTS**

##### **THEORY**

1. Lightning Strikes Twice
2. Eye of the Tornado
3. Wrath of the Python
4. Freeform

##### **DELTA SELF DEFENCE**

1. Lightning Strikes Twice
2. Eye of the Tornado
3. Wrath of the Python
4. Freeform

##### **AUDIO CD PRESENTATION**

1. OF YOUR MARTIAL ARTS EXPERIENCES –  
THOUGHTS AND CONSIDERATIONS

(Presented to your Grade Coordinator, Hanshi Brad,  
your instructor 1 month prior to grading)

### *Sensei Promotion*

- ❖ To have trained a student through to 2nd Degree Black Belt.
- ❖ Continue to teach regularly.
- ❖ Endeavour to have more than one school under their instruction.
- ❖ Show further consolidation of martial arts experience and teaching skills.
- ❖ Show that they have moved from “instructor” to “teacher” by the increased depth of tuition in classes taken.
- ❖ Show balanced approach in tuition to cover more aspects of the martial arts.
- ❖ Have greater communication ability.
- ❖ Demonstrate that they are thinking more about what they are teaching.
- ❖ Have long-term teaching plans/objectives for the students.
- ❖ Thorough knowledge and understanding of 3rd Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

# YONDAN - HO

## *Yondan - Ho*

### **PRE GRADE REQUIREMENTS**

Time Frame – 3 years after Sandan

Training – 9 Black Belt classes since Sandan

Uniform – White Gi and Black Hakama

### **GRADE REQUIREMENTS**

#### **THEORY**

1. Master of Darkness
2. Explanation of form.

#### **WEAPON DELTAS**

1. 1<sup>st</sup> Weapon Freeform
2. Sword Freeform

**Explanation should include these three points for each particular form:**

1. **Vulnerable points shown**
2. **Types of weapons shown**
3. **Types of attacks shown**

## *Promotion Considerations*

- ❖ To have trained students through to 3rd Degree Black Belt.
- ❖ To continue to teach regularly.
- ❖ To have demonstrated increased experience in martial arts training in particular weapons.
- ❖ Display organizational skills.
- ❖ To have the ability to look at things in a broad sense with increased objectivity.
- ❖ To demonstrate development of schools in terms of numbers and standard.
- ❖ Thorough knowledge and understanding of 4th Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

## 4<sup>TH</sup> DEGREE - RENSHI

### *4th Degree (Yondan)*

#### **PRE GRADE REQUIREMENTS**

Time Frame – 4 years after Sandan

Training – 12 Black Belt classes since Sandan

Uniform – White Gi and Black Hakama

#### **GRADE REQUIREMENTS**

##### **THEORY**

1. Master of Darkness
2. Freeform (60 seconds performed fast)

##### **WEAPON DELTAS**

1. 1<sup>st</sup> Weapon Freeform and Free Combat in Delta Formation
2. 2<sup>nd</sup> Weapon Freeform and Free Combat in Delta Formation
3. Sword Freeform and Free Combat in Delta Formation

### *Renshi Promotion*

- ❖ To have trained students through to 3rd Degree Black Belt.
- ❖ To continue to teach regularly.
- ❖ To have demonstrated increased experience in martial arts training in particular weapons.
- ❖ Display organizational skills.
- ❖ To have the ability to look at things in a broad sense with increased objectivity.
- ❖ To demonstrate development of schools in terms of numbers and standard.
- ❖ Thorough knowledge and understanding of 4th Degree form.
- ❖ Maintain training with supervising instructor.
- ❖ Blue Card (Adults)
- ❖ Level 1 Sports trainer Certificate (Sport & Rec. Qld)

## *Godan - Ho Grade Requirements*

### **PRE GRADE REQUIREMENTS**

Time Frame – 4 years after Yondan

Training – 12 Black Belt classes since Yondan

Uniform – White Gi

### **GRADE REQUIREMENTS**

#### **THEORY**

1. Dragon's Way

#### **EXPLANATION OF FORM**

1. Iron Horse + Explanation
2. Rotating Palms + Explanation
3. Lull Before the Storm + Explanation
4. Lightning Strikes Twice + Explanation
5. Eye of the Tornado + Explanation
6. Wrath of the Python + Explanation
7. Master of Darkness + Explanation
8. Dragon's Way + Explanation

#### **WRITTEN THEORY**

Choose a topic research in detail with the end goal to produce a document worth handing on to future generations. When completed present to Family Head, State Head and Soke Bob. This document is not expected to be completed prior to 5<sup>th</sup> degree; however, you should be able to discuss in detail with your family head and Hanshi Brad some of your research prior to Godan-Ho.

**Explanation should include these three points for each particular form:**

1. **Vulnerable points shown**
2. **Types of weapons shown**
3. **Types of attacks shown**

## *Promotion Considerations*

- ❖ Demonstrate clear leadership.
- ❖ Demonstrate co-ordination of directions from Zen Do Kai – Freestyle Executive to immediate students and instructors.
- ❖ Demonstrate on-going communication with instructors under their supervision.
- ❖ Liaise with Zen Do Kai – Freestyle founder and Zen Do Kai – Freestyle Executive.
- ❖ Run instructor classes for the advancement of students/instructors.
- ❖ Develop quality insurance programs to maintain professional standards.
- ❖ Keep abreast of current trends.
- ❖ Maintain efficient and proper business procedure in relation to the running of schools.
- ❖ Make themselves available at all times to subordinate instructors.
- ❖ Offer support and guidance to subordinate instructors.
- ❖ Ensure the proper discharge of Zen Do Kai – Freestyle rules and regulations.
- ❖ Thorough knowledge and understanding of 5th Degree form
- ❖ Assist in the development of a network of schools under their supervision.
- ❖ Where possible run their own grading for students under their control in accordance with Zen Do Kai – Freestyle guidelines, standards and requirements.
- ❖ Have regular personal contact with Zen Do Kai – Freestyle founder.
- ❖ Please Note:
- ❖ It should be noted that there might be some people who for personal or practical reasons cannot fulfill certain criteria; therefore judgment is made upon issues such as;
- ❖ Years training
- ❖ Maturity
- ❖ Level of proficiency
- ❖ What they have put into Zen Do Kai – Freestyle
- ❖ What they have brought into Zen Do Kai – Freestyle
- ❖ Support for the other instructors

## 5<sup>TH</sup> DEGREE - SHIHAN

### *5th Degree (Godan) - Shihan*

#### **PRE GRADE REQUIREMENTS**

Time Frame – 5 years after Yondan

Training – 15 Black Belt classes since Yondan

Uniform – White Gi

#### **GRADE REQUIREMENTS**

##### **THEORY**

1. Dragon's Way
2. Freeform

##### **FRECOMBAT**

1. All eight octagon principles (one partner)

### *Shihan Promotion*

- ❖ Demonstrate clear leadership
- ❖ Demonstrate co-ordination of directions from Zen Do Kai – Freestyle Executive to immediate students and instructors.
- ❖ Demonstrate on-going communication with instructors under their supervision.
- ❖ Liaise with Zen Do Kai – Freestyle founder and Zen Do Kai – Freestyle Executive.
- ❖ Run instructor classes for the advancement of students/instructors.
- ❖ Develop quality insurance programs to maintain professional standards.
- ❖ Keep abreast of current trends.
- ❖ Maintain efficient and proper business procedure in relation to the running of schools.
- ❖ Make themselves available at all times to subordinate instructors.
- ❖ Offer support and guidance to subordinate instructors.
- ❖ Ensure the proper discharge of Zen Do Kai – Freestyle rules and regulations.
- ❖ Thorough knowledge and understanding of 5th Degree form
- ❖ Assist in the development of a network of schools under their supervision.
- ❖ Where possible run their own gradings for students under their control in accordance with Zen Do Kai – Freestyle guidelines, standards and requirements.
- ❖ Have regular personal contact with Zen Do Kai – Freestyle founder.
- ❖ Please Note:
- ❖ It should be noted that there might be some people who for personal or practical reasons cannot fulfill certain criteria; therefore judgment is made upon issues such as;
- ❖ Years training
- ❖ Maturity
- ❖ Level of proficiency
- ❖ What they have put into Zen Do Kai – Freestyle
- ❖ What they have brought into Zen Do Kai – Freestyle
- ❖ Support for the other instructors