

# ZEN DO KAI

## 2<sup>ND</sup> DAN

# TRAINING

# PROGRAM

**Version 2.2**

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## INTRODUCTION

The purpose of this document is to provide a focus of training methodology and aims at the higher development of skills in the Zen Do Kai martial arts student. Fundamentally, it gives direction and a frame work from which a Black Belt can work under, that will lead to the achievement of Second Degree Black Belt.

At Second Degree (Ni Dan) the student is expected to extend their 'Fighting Spirit' far beyond that of the new prospects (coloured belts) coming through to probationary Black Belt (Sho Dan-Ho). Zen Do Kai also expects her second degrees to exemplify far greater 'standing fighting skills' than the lower grade Black Belts in both defensive and offensive maneuvers.

It therefore stands to reason, that, if the objective of becoming a Zen Do Kai - Second Degree is to posses such greater skills, then the training program should reflect this.

It should be seen, that students who train under this program and have focussed their energies at fulfilling the requirements of the program, will have completed the prerequisites for rank promotion to probationary Second Degree (Ni Dan-Ho). It is up to that student to fulfil this 'promotion obligation' at the first available grading as an affirmation of the senior ranked decision and to quantify self analysis. It offers a measuring tool for senior instructors to monitor students progress and it spells out for students what it is, that they are expected to develop to elevate above that 'first level' of being a Black Belt.

Further it offers the opportunity for training programs to be replicated from generation to generation of Black Belts, leading to an on-going advancement in teaching / training methods.

The 'Red Writing' on the Belt worn by a Ni Dan is symbolic of the efforts that have been made in achieving this particular grade. The Red is symbolic of Blood and this is further symbolic of the 'blood spilt for the system'. The students name is worn on the left hand side of the body. The right hand side carries six oriental characters, the top three are of Chinese origin while the lower three are Japanese. Together the characters translate as 'The Empty Hand Way of the Red Dragon System'. Whenever the Belt is worn the Belt must hang from the knot perfectly even, this is symbolic of the equal balance of 'Yin and Yang' (positive versus negative etc.) extensions from the 'Tao' i.e. Tao being the knot worn over the 'Hara' (the power base) half way between the Naval and the Pelvis. The Chinese translation for Tao is the attainment of ultimate knowledge while the Japanese translation for Hara is the attainment of ultimate power. Thus, the martial arts expression 'knowledge is power' and vice versa.

The achievement of promotion, encompasses not only the physical attainment of skills, but also the attitudinal development of the Black Belt.

Senior instructors must also be aware that good character, general attitudes to other students and willingness to take responsibility are factors that should be considered when promoting students.

Senior instructors are responsible for developing good attitudes within all lower ranked Black Belt grades.

***Zen Do Kai Second Degree Black Belt***  
***Conceive - Believe - Achieve***

## **RESPONSIBILITY FOR TRAINING**

All Black Belts should be encouraged to take responsibility for their own training programs. As Senior Instructors, you have the responsibility to provide the methodology, supervision and encouragement so that each Black Belt achieves the prescribed objectives. Black Belts will need to be made acutely aware that their promotion is fundamentally related to the attainment of the appropriate prerequisites, and therefore, the skills.

Through this, Black Belts will become more aware that they, are the masters of their own destiny.

## **WHO SHOULD BE THE TRAINING PARTNERS**

It is recommended that training partners be selected from lower ranks wherever possible. This will be of great learning experience for the particular lower grade and in time, will therefore reduce the demands on higher grades.

It serves as a good preparation for their future grading and broadens the concept to others rather than it being kept exclusive.

In time it will improve the general knowledge and standard base, this improvement will have a positive effect in the future.

The person that is chosen to hold the pads must be reliable and be able to give a commitment.

Consideration should be given to the height and weight of your training partner.

## **PREPARING FOR GRADING TIME**

Black Belts should make themselves as familiar as possible with the program. When nominated for grading, Black belts should make the time to get together with their Senior Instructors and discuss their individual strengths and weaknesses. It may be a good idea to do a partial grading (preferably on video) so that it can serve as a good starting point and a reference to highlights the strengths and weaknesses. Further it can be used as a valuable tool to measure one's improvement as the program is worked through.

Work out realistic time commitments for personal training, take into consideration work, family and leisure commitments.

Remembering that methodical quality training is always better than mindless quantity training.

## **SUGGESTED GRADING PREPARATION**

Eight (8) weeks is fundamentally long enough to prepare for grading. Obviously, the Black Belts would have been working through the program accordingly. Now it is time to really hone things up for grading standard. The following regime is an example of how one may prepare themselves.

### **WEEK ONE**

Fine tune any fundamental problems with your grade form and freeform. Finalise any specific combinations that you may be using with your pad work. Discuss with your training partner the idea of pace and push for the rounds to ensure that your workload is maximised.

### **WEEK TWO**

Always start with logical methodical stretching, followed by your forms (including Three Battles and Rotating Palms). Do 2 Rounds of 2 minutes for each area.

### **WEEK THREE**

Repeat the above process and increase to 3 Rounds of 2-minute duration.

### **WEEK FOUR**

Repeat the above process and increase to 3 Rounds of 2 1/2 minute duration.

### **WEEK FIVE to WEEK 8**

Repeating the above process to 3 Rounds of 3-minute duration with no more than 30 seconds break in between. Do not train for longer than 1 1/2 hours. Train three times per week. Train with safety equipment i.e. mouth/groin guards etc. Avoid unnecessary injuries.

**FIGHTING FIT**

**Fight fitness is a combination of the following:**

- Strength
- Speed
- Power
- Endurance
- Flexibility
- Strength

**Strength**

Strength is the ability of the body or muscles to apply force against resistance eg. lifting weights; own body; opponents body.  
(see weight training regime for sample program)

**Speed**

Speed is the ability of bridging the gap between ones self and opponents rapidly. eg. footwork, punching, kicking, etc. This will be developed through pad, bag routine drills.

**Power**

Power (also known as explosive strength), is the combination of strength and speed. This will be developed through pad, bag routine drills.

**Endurance**

Endurance is the capacity to continue physical activity for a prolonged period.

Endurance can be:

- aerobic
- anaerobic

- Aerobic endurance occurs over long periods of activity.
- Uses Oxygen to produce the energy required.

**Anaerobic Endurance**

- The ability to produce multiple repetitions of a movement without fatigue.
- Short duration, usually under 90 seconds.
- Do not require Oxygen to produce energy.
- Depends on the bodies own system for energy to the muscles.

**Endurance training can be:**

- continuous
- fartlek (bursts of varying intensity)
- interval

**Varying the training routine will add greater enjoyment and less likely to staleness.**

**Aerobic Endurance**

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### **Aerobic / Anaerobic.**

What does it all mean to someone ready for the Second Degree grading? Everyone training in Zen Do Kai would be familiar with the term 'Aerobics' - yet only a few people really understand the Aerobic / Anaerobic syndrome.

Here are a few interesting facts that may help you to understand this very complex issue. And in turn may help you to better prepare to shave off that probationary (Ho rank) period and become a strong Second Degree Black Belt.

Its everything to do with you energy systems - most cells in our body need Oxygen to survive and produce energy. The word Aerobic actually means 'with Oxygen'. So Aerobic energy is simply energy that is produced in the presence of adequate Oxygen. This means that when you are watching T.V. you are actually working with the Aerobic energy system (no that is not an excuse to avoid your next training session and just watch T.V. for the workout!).

Whilst most cells require a constant supply of Oxygen, there are some cells that can function for short periods without Oxygen. The only cells that can function without Oxygen (Anaerobically) are skeletal muscle cells, like Quadriceps, Hamstrings, Biceps, Triceps and Gluteals. Your muscles are the only part of your body that can produce energy Anaerobically and they will do this when your cardiovascular system cannot provide enough Oxygen. So its the exercising muscles that are Aerobic / Anaerobic - not the entire body! Most cells in the body are always Aerobic.

Aerobic / Anaerobic - when do our muscles change over?  
There is no magic switch that turns from Aerobic to Anaerobic metabolism - it is usually a mixture of both systems, however exercise intensity and your fighting fitness levels do have a bearing on how your muscles produce energy.

Imagine that you are punching / kicking the heavy bag or you are pacing yourself through 'Eye of the Tornado', your Second Degree grade form with moderate intensity. Your cardiovascular (CV) system is quite capable of supplying Oxygen to the working muscles and they are working Aerobically. you can sustain this type of training for long duration even though you are kicking it along at a fair pace.

By the way, this is the best way of 'Fighting Fat'. In other words fat can only be burned as long as enough O<sub>2</sub> is being delivered to your muscles. This is why Zen Do Kai students burn more fat during Second Degree training and Nidan gradings than most other Dan levels.

Imagine now that you are picking up you intensity (eg. the last thirty seconds of every three minute rounds or the last third of any Zen Do Kai grading / free form). You find that your breathing becomes laboured, you could not carry on a conversation, you experience fatigue and you cannot sustain that level of intensity for very long.

### **Zen Do Kai Martial Arts 2nd Dan Syllabus - Version 2.3**

Your muscles have now begun to work Anaerobically, since your CV system was not able to supply enough Oxygen for the Aerobic energy system to function. The Anaerobic system produces a by-product called 'Lactic Acid', which builds up in the muscles and causes aching, burning and fatigue.

Soon you have to lower the intensity so that you fall back in your 'Aerobic Zone'. The point at which your muscles become Anaerobic, is called the Anaerobic Threshold (A.T.) Your A.T. is increased as you elevate to a higher level of being fighting fit - in other words by the time you are ready to attempt your Nidan grading you will be working at much higher intensities and still be Aerobic.

Whereas earlier in your training program, you moved into Anaerobic energy much sooner. This is partly because you will have developed a more efficient CV system and will be capable of delivering much more O<sub>2</sub> to the working muscle - this is what being fighting fit is all about!.

Delivering O<sub>2</sub> to your muscles and teaching these muscles to use it more effectively.

### ***The Fighting Fit Anaerobic Strength Training Connection***

Yes, the Anaerobic system does play a major role in strength training. In fact any explosive short, high intensity activity is in the most part Anaerobic - so exercises such as Abdominal Curls, Lunges, Pushups, Squats, etc.

challenge the Anaerobic system. You know you're there when you get that familiar burning sensation in the muscle - have you done the B.J.C. - Gladiator regime, Plyometrics with or without weights or the B.J.C. - Quaker sets lately?! This painful ache or Acid is produced via the Anaerobic system. You find that the pain goes away as soon as you rest for a few seconds and Oxygen breaks down this Lactic Acid in the muscle.

### **Aerobic / Anaerobic Time Zone**

You can exercise Aerobically for long durations (several hours) because your muscles are able to produce energy without building up a poisonous by product. When your muscles work Anaerobically, the Lactic Acid by product and the limited supply of immediate energy cause quick fatigue. As a rule, any high intensity exercise like Plyometrics (see Plyometric strength training within this document), forearm pads, speed kicking, the last twenty seconds of any grade form or any free form that last less than 90 seconds, needs almost no fresh Oxygen and is Anaerobic. In fact during the first 10 seconds of high intensity work, your muscles rely upon 'stored energy' and do not use either the Aerobic or Anaerobic systems - after 10 seconds extra energy needs to be produced and this is where either one of the systems is selected depending upon your level of fighting fitness at that point of your training program which also determines your Oxygen availability.

There lies the true understanding of the Second Degree 'Marathon' grading. The training has such an intensity that your Aerobic / Anaerobic endurance 'Fighting Fit' levels are pushed to such extremes and you pain tolerance levels are so accelerated that this 10 seconds reserve of 'stored energy' becomes a total 'power source'.

This power source can be tapped at will in a self defence situation if you understand the multiple attack theories of Zen Do Kai grade forms and free form concepts. The more attackers the higher the Nidan 'trigger' response to his / her survival instincts

the less time zone (10 seconds) will be needed.

### **Flexibility**

Flexibility is the range of movement on or around a joint or a series of joints. eg. stretching either

- static stretching
- passive resistive stretching
- preceptor-neuro-facilitation stretching (PNF Stretching)

The overall objective that should be aimed for, is the development of fighting fitness and skills through well organised training sessions. These should include Aerobic and Anaerobic activities.

The training session should cover three (3) main areas:

#### **1. Warm Ups**

- stretching - jogging
- shadow work
- mirror work
- skipping (particularly good for coordination, however be aware of shin splint injuries)
- power walking
- light skill training
- running
- tyre work (bouncing/jumping on large truck tyre on its side)

#### **2. Work Out**

- pad drills
- bag work outs
- partner drills

#### **3. Recovery**

- warming
- shadow work
- stretching

## STRENGTH TRAINING

The following program is meant to be a suggested example of the type of weight training that could be employed for the development of increased strength and physical endurance. It should be seen as part of the total training package which aims at developing Black Belts from first Degree to Second Degree.

Fundamentally the exercises shown work the major muscle groups.

The amount of weight used will of course vary between individuals. The actual weight you must use will get you to 20 reps Aerobically with the last 5 reps testing your Anaerobic Threshold (A.T.) during your Second Degree training program 'do not' overdo weight training. i.e. You feel the need to increase the weight regularly. The B.J.C. recommends three workouts on weights over each seven day period, this will require the adding of only minimum weight if any at all.

Shoulder Stance  $\frac{1}{2}$  Squats 20 - 25 Reps  
Horse Stance Squats 20 - 25 Reps  
Bench Press 20 - 25 Reps  
Front Press 20 - 25 Reps  
Shoulder Press 20 - 25 Reps  
Tricep Extensions 20 - 25 Reps  
Curls 20 - 25 Reps  
Upright Rows 20 - 25 Reps

Between each exercise perform 25 reps of your favourite midsection exercises, ideally these being varied to work the different muscles of the Abdominal region.

The total work out should take approx. 20 minutes, so the intensity of the

program is fairly high, with essentially no rest between exercises.

Note: Weight training should cease approx. 14 days prior to gradings.

### Plyometrics

This training principle is an ideal additive to your 'preparation program' for Second Degree training. The Greek work Plyometrics has a two fold translation (i) Plyo being maximum explosion, and (ii) Metric, representing minimum time. Therefore when added to your Aerobic endurance it will continually increase that threshold (A.T.) of your Anaerobic endurance.

Plyometric training is your ability to pick any particular muscle group and work that area through three precise contractions.

1. Concentric Contraction
2. Eccentric Contraction
3. Isometric Contraction

### Without Weights

Lets take 'punching' speed, strength, power and endurance, Plyometric principle.

1. the concentric contractions are the full range of movements through 25 - 50 push ups where you have chinned the floor from a full upright push up position.
2. The eccentric contraction is a resistance stretching of the muscle eg. Bicep, from a kneeling position rest your right elbow against your right knee with a high curl position with a clenched right hand fist next to your

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face. Now with your open left hand push down on the right fist whilst resisting until the right arm is extended. Continue for five or these resistance stretches then repeat on the left side. N.B. After you push down. relax to come up for next repetition and breathe comfortably.

3. Still kneeling you can create the Isometric contraction be gripping you fingertips and pulling or placing one fist inside the other open hand and pushing whilst retaining a straight back and chest held up for posture. Whether you use the pull or push principle, use full force against yourself for one repetition only of ten seconds duration. Do not hold your breath, breathe comfortably.

### ***With Weights***

Again we will test 'punching' speed, strength, power and endurance with Plyometric principles with the use of weights. One problem, you do need two spotters you can trust. (i) The concentric contraction with the bench press is to do a full range motion for ten repetitions with your normal weight that you could handle three sets of ten. (ii) For the eccentric contraction your two spotters quickly add fifty percent more weight. Lets say, for the concentric ten reps you pressed 100 kilograms, your spotters would have added 50 kilos. Now, they lift the 150 kilograms off the rack and place it on your extended arms and you resist the weight until gravity places it almost on your chest. Your spotters lift the weight to arms length, this is repeated for five reps then your spotters put the weight back on the rack. (iii) Now for the Isometric contraction your spotters

quickly strip down the 50 kilos and replace it with ten percent of your concentric repetition weight. This being 10 kilos they now lift the 110 kilograms bar to you bent arms held at the mid way point.

You now hold the weight here for as long as humanly possible (probably about ten seconds). When they notice gravity again is taking over they lift the weight back onto the rack. With or without weight you will have dramatically improved your 'punching' strength, speed, power and endurance by adding Plyometric principles to your training program. N.B. (i) Any time you train with Plyometrics you will need to stretch for total flexibility as well as the eccentric stretching exercises. (ii) Do not over-train on Plyometrics, once a week will give you a 'power boost'. (iii) If you are not sure of training other body parts on Plyometrics. do not guess. check with higher ranks who have been there, done that! (iv) The B.J.C. strongly recommends Plyometrics are not for beginners. But they are ideal for you probationary second degrees.

## **BJC Gladiator Exercise Table**

	<i>Exercises</i>	<i>Grade 1 &amp; 2</i>	<i>Grade 3</i>	<i>Grade 4 &amp; 5</i>
<b>Phase I</b> <i>Upper Body</i>	Standing partner piston pumps	20 sec	30 sec	60 sec
	Half push ups (i.e. Chinese press ups on knees)	10 sec	20 sec	30 sec
	Bicep Curls (Laying down - use of partner)	10 sec	20 sec	30 sec
	Tricep dips (partner supported)	10 sec	20 sec	30 sec
<b>Phase II</b> <i>Mid-Section</i>	Full push ups by the count	10 sec	20 sec	30 sec
	Crunches (lying down - knees bent)	20 sec	30 sec	60 sec
	Left side crunches (Lying down - one knee bent)	10 sec	20 sec	30 sec
	Right side crunches (Opposite knee bent)	10 sec	20 sec	30 sec
<b>Phase III</b> <i>Lower Body</i>	Double torso curls	10 sec	20 sec	30 sec
	Reverse torso curls by the count	10 sec	20 sec	30 sec
	Sprints (Alternating touch downs)	20 sec	30 sec	60 sec
	Heel kicks to rump (Both heels)	10 sec	20 sec	30 sec
	Knee lifts to chest (Both knees)	10 sec	20 sec	30 sec
	Half squats (Elbow to knees)	10 sec	20 sec	30 sec
	Wide stance squats by the count (Parallel Thighs)	10 sec	20 sec	30 sec
	<b>TOTAL TIMES FOR EACH GRADE</b>	<b>3mins</b>	<b>6 mins</b>	<b>9 mins</b>

## **SKILLS TRAINING**

The skills training is divide in to two (2) programs.

The first is the primary program aimed at developing the skills with relative independence to other skills.

The secondary program is the integration of all the skills, with the student developing the capacity to execute all the skills concurrently and be able to respond with whatever technique is appropriate and available.

The skills training aspect falls to the categories of:

- HAND SKILLS**
- KICKING SKILLS**
- ELBOWING SKILLS**
- KNEEING SKILLS**

The development of these skills comes about from structured repetition of set drills and combinations with certain training equipment such as:

- FOCUS PADS**
- KICK SHIELDS**
- FOREARM PADS**
- LONG HANGING BAGS**

# **PRIMARY PROGRAM**

## **HAND SKILLS**

### **(USING OF FOCUS PADS)**

1. JAB (5-10) (LONG - SHORT) (LEFT & RIGHT)
2. CROSS (5-10) (LEFT & RIGHT)
3. UPPERCUTS (5-10) (LEFT & RIGHT)
4. HOOKS (5-10) (LEFT & RIGHT)
5. JAB - CROSS (5-10) (LEFT & RIGHT)
6. UPPERCUT - HOOK (5-10) (LEFT & RIGHT)
7. HOOK -CROSS (5-10) (LEFT & RIGHT)
8. LEFT BODY RIP - LEFT UPPERCUT (5-10) (LEFT & RIGHT)
9. LEFT JAB-RIGHT CROSS, CHANGE FEET, RIGHT JAB-LEFT CROSS (2-3 minutes)
10. LEFT JAB-RIGHT CROSS-RIGHT UPPERCUT-LEFT HOOK, CHANGE FEET, RIGHT JAB-LEFT CROSS-LEFT UPPERCUT-RIGHT HOOK (2-3 minutes)
11. RIGHT CROSS-LEFT UPPERCUT-RIGHT CROSS (5-10)
12. JAB - WEAVE RIGHT TO LEFT
13. JAB - WEAVE RIGHT TO LEFT - HOOK (5 -10) (LEFT & RIGHT)
14. CROSS - WEAVE LEFT TO RIGHT
15. CROSS - WEAVE LEFT TO RIGHT - CROSS (5 -10) (LEFT & RIGHT)
16. LEFT BODY RIP - LEFT UPPERCUT - RIGHT CROSS (5 -10)
17. RIGHT BODY RIP - RIGHT UPPERCUT - WEAVE RIGHT TO LEFT - LEFT HOOK (5-10)
18. RIGHT BODY RIP - RIGHT UPPERCUT - WEAVE RIGHT TO LEFT - LEFT HOOK-CROSS (5-10)
19. JAB - CROSS -WEAVE LEFT TO RIGHT - CROSS
20. JAB - CROSS - JAB - WEAVE RIGHT TO LEFT - HOOK
21. JAB - CROSS - JAB - WEAVE RIGHT TO LEFT - HOOK -WEAVE LEFT TO RIGHT - CROSS

## **KICKING SKILLS**

### **FRONT KICKS**

### **(USING KICK SHIELDS OR FOREARM PADS)**

1. FRONT LEG KICKS (5 - 10) (LEFT & RIGHT)
2. BACK LEG KICKS (5 -10) (LEFT & RIGHT)
3. FRONT LEG - BACK LEG (5 - 10) (LEFT & RIGHT)
4. SWITCH FRONT LEG (5 - 10) (LEFT & RIGHT)
5. BLITZ BACK LEG (5 - 10) (LEFT & RIGHT)
6. JUMPING FRONT LEG (PYRAMID TO 10) (LEFT & RIGHT)
7. JUMPING BACK LEG (PYRAMID TO 10) (LEFT & RIGHT)
8. JUMP FRONT LEG - LAND JUMP BACK LEG (PYRAMID TO 10)

### **ROUND KICKS**

### **(USING KICK SHIELDS OR FOREARM PADS)**

1. SWITCH FRONT LEG (5 - 10) (LEFT & RIGHT) (HIGH & LOW)
2. BLITZ BACK LEG (5 -10) (LEFT & RIGHT) (HIGH & LOW)
3. FRONT LEG PYRAMID UP TO 10
5. BACK LEG PYRAMID UP TO 10

### **(USING FOCUS PADS)**

1. 360 DEGREE HIGH ROUNHOUSE KICKS LEFT & RIGHT (5 - 10)

## **SIDE KICKS**

### **(USING KICK SHIELDS OR FOREARM PADS)**

1. FRONT LEG (5 - 10)
2. BACK LEG (5 - 10)
3. STEP THROUGH ( 5 -10)
4. JUMP SIDE KICK

## **SPINNING BACK KICK**

### **(USING KICK SHIELDS)**

1. ALTERNATING LEFT & RIGHT (5 - 10)
2. JUMPING ALTERNATING LEFT & RIGHT (5 - 10)

## **CRESCENT KICKS**

### **(USING FOCUS PADS OR FOREARM PADS)**

1. LEFT INNER ( 5 - 10)
2. LEFT OUTER ( 5 -10)
3. RIGHT INNER (5 -10)
4. RIGHT OUTER (5 - 10)

## **SPINNING CRESCENT KICKS**

### **(USING FOCUS PADS OR FOREARM PADS)**

1. RIGHT LEG BACK SPINNING CLOCK WISE ( 5 - 10)
2. CHANGE FEET SPIN ANTI-CLOCK WISE (5 -10)

## **ELBOW SKILLS**

### **(USING FOREARM PADS OR FOCUS PADS)**

1. FRONT ROUND ELBOW (5 - 10)
2. BACK ROUND ELBOW (5 - 10)
3. FRONT STRAIGHT ELBOW (5 - 10)
4. BACK OVER TOP ELBOW (5 - 10)
5. FRONT OVER TOP ELBOW (5 -10)
6. FRONT UPPERCUT ELBOW (5 - 10)
7. BACK UPPERCUT ELBOW (5 - 10)
8. FRONT ROUND - BACK OVER TOP ELBOW (5 - 10)
9. FRONT STRAIGHT - BACK ROUND ELBOW (5 - 10)
9. SAME COMBINATIONS AS DONE WITH HANDS CAN BE DONE WITH ELBOWS

## **KNEEING SKILLS**

### **(USING KICKSHIELDS OR FOREARM PADS & LONG HANGING BAGS)**

1. SWITCH FRONT KNEE (5 - 10)
2. BLITZ BACK KNEE (5 - 10)
3. FROM GRAPPLE POSITION FOOT REPLACEMENT ALTERNATING KNEES (20 - 50)
4. HOLDING LONG HANGING BAG X 50FOOT REPLACEMENT KNEES
5. HOLDING LONG HANGING BAG X 10 FOOT REPLACEMENT KNEES WITH THE LAST THREE DONE HARD
6. HOLDING LONG HANGING BAG TEN HARD KNEES WITH 5 SECONDS BETWEEN EACH KNEE, BOUNCING IN BETWEEN WHILE HOLDING THE GRAPPLING POSITION

## **DEFENSIVE SKILLS**

### **LEG CHECKS**

1. FRONT ROLL CHECK
2. BACK LEG LIFT CHECK
3. CROSS CHECK
4. MIRROR WORK ON CHECKS
5. PARTNER WORK ON CHECKS

### **PLOUGHHS**

1. AGAINST ROUND KCKS
2. AGAINST FRONT KICKS

## SECONDARY PROGRAM

### PARTNER DRILLS

The main focus of partner drills is to combine and integrate all the individual skills into one free-flowing component. That is, to develop the capacity to use all the skills, including defensive skills, with fluency and extreme effectiveness.

The partner drills, as a consequence, must be **interactive** with the partner.

The partner drills are primarily done with the use of forearm pads, as they tend to offer the most versatility.

### PARTNER DRILLS STRUCTURE

1. BACK LEG BLITZ ROUND KICK
2. FRONT LEG SWITCH ROUND KICK
3. ROLL CHECK LEFT LEG - ROUND KICK COUNTER FRONT LEG (BLITZ)
4. SWITCH FRONT LEG FOR DEFENCE FROM INSIDE THIGH KICK - COUNTER WITH ROUND KICK WITH SWITCHED LEG
5. STEP BACK (LEADING WITH BACK LEG) TO COUNTER HIGHER ROUND KICK - COUNTER WITH STAMPING ROUNDKICK OFF BACK LEG
6. "CATCHING" ROUND KICKS, PUSHING TO SIDE COUNTER WITH ROUND KICK
7. SKIP UP FRONT LEFT CHECK TO COUNTER HIGH ROUND KICK - COUNTER WITH
  - RIGHT CROSS
  - RIGHT ELBOW
  - GRAPPLING RIGHT KNEE
8. BACK LEG LIFT CHECK TO COUNTER ROUND KICK - COUNTER WITH
  - RIGHT CROSS
  - RIGHT ELBOW
  - RIGHT ROUND KICK
  - RIGHT INSIDE THIGH KICK
9. ADD HAND COMBINATIONS AMONGST THE ABOVE
10. ADD ELBOW COMBINATIONS AMONGST THE ABOVE
11. ADD KNEEING TECHNIQUES AMONGST THE ABOVE
12. ADD GRAPPLING WITH KNEEING TECHNIQUES AMONGST THE ABOVE

**PARTNER DRILLS SHOULD BE CARRIED OUT IN 3-MINUTE ROUNDS WITH 30 SECONDS BREAK IN BETWEEN.**

### 1 TO 5 POWER HAND SHOTS

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

## **1 TO 5 KICKING DRILLS**

1. (Switch) Round Kick
2. (Switch) Push Kick
3. (Switch) Punt Kick
4. (Blitz) Push Kick
5. (Blitz) Round Kick

**After any of the above kicks has been performed they should be followed by any of these manoeuvres:**

- **Single Step**
- **Double Step**
- **Tuck**
- **Maul**

### ***Power Counter Hand Shots With***

1. (Weave) Jab
2. (Weave) Cross
3. (Weave) Hook
4. (Slip) Uppercut
5. (Slip-Back) Overhand

### ***1-5 Hand Power Sets Used to set up the any of the 1-5 Kicks (See Previous Drill)***

1. (Step-Up) Jab - Cross
2. (Short) Cross - (Step-Up)(Long) Hook
3. (Short) Jab - (Step-Up)(Reverse) Overhand
4. (Long) Cross - (Step-Through) (Reverse) Rip In
5. (Step-Up) Jab - (Reverse) Rip In

## **PLOUGHS**

1. (Catch) - Grab (behind neck) - (rear) Knee
2. (Catch) - Grab (Opponents leg) & Throw Down (Between your legs) - (Backslide) (Blitz) Round Kick
3. (Catch) - Grab (Opponents leg) & Throw Down (Beside your legs) - (Backslide) (Blitz) Round Kick
4. (Catch) - Grab (Opponents Ankle) & Throw Down (Across 90°) - Kick (either leg) - (Opposite hand) Hook Punch
5. (Catch) - Grab (Opponents Ankle) & Throw Up (Across 180°) - (Switch) Round Kick

**\* Please be aware that Ploughs No. 1,2,4 & 5 are defences against Round Kick to the Mid-Section, while Plough No. 3 is a defence against a Straight Kick.**

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Note: it is important that both the trainer and the trainee **are mobile**, by moving around at different angles, distances and positions at all times to facilitate a more realistic approach to fighting. The above partner routines should be seen as the **end product** of the individual skill development, as described earlier in this document. The objective at this point is to have the student look and execute techniques as if he/she was a **fighting machine**. All the above routines and combinations are suggestions and may not be suitable to some individuals, depending on bodily structure. Appropriate changes and modifications should be made to compensate for this.

## **INFORMATION ON GRADE FORM**

### **EYE OF THE TORNADO (SANSERU)**

This form emphasizes low attacking techniques, joint dislocation techniques and disarming techniques.

When performing this form, the meditation principle is of being attacked by someone who is much bigger than your self.

In Zen Do Kai, this form derives its name from the fact that the majority of the Form is executed with the left foot remaining on a constant point, with the rest of the body working around this point for a total of 27 moves. This, therefore, creates the sense of an "**eye of tornado**", with the rest of the body moving around it multi-directionally.

When performing a Form, it should be liquid and flowing, the performance should be beautiful and rhythmic - the performer full of vitality and radiating power.

Visualization through the performance is essential to have a better appreciation of the Form. When performing a 'Form' one should think of nothing else apart from what they are doing.

**SANSERU**, when written in Chinese, translates as the number "**THIRTY SIX**" (36). Symbolically it is calculated from the formula 6x6. The first six represents eye, ear, nose, tongue, body and spirit. The second six symbolizes colour, voice, taste, smell, touch and justice.

The traditional names of the Forms are confusing, however there seems to be significance to these numerals. It is known that numbers have significance in Zen Buddhism and Taoism and it is thought that these names are legacies of the influence these religions had on Okinawan-Te (Okinawan Hand).

**"TO FAIL TO PREPARE IS TO PREPARE TO FAIL"**

**"TRAIN HARD - BE STRONG"**

## **GRADING REQUIREMENT**

The grading requirement is as follows:

1. **THEORY (KATA) "EYE OF THE TORNADO "SANSERU" & FREEFORM**
2. **4 X 3 MINUTE ROUNDS SHADOW SPARRING**
2. **3 X 3 MINUTE ROUNDS FOCUS PADS**
3. **3 X 3 MINUTE ROUNDS KICK SHIELDS**
4. **3 X 3 MINUTE ROUNDS FOREARM PADS**
5. **6 x 3 MINUTE ROUNDS SPARRING**
6. **45 SECONDS BREAK IN BETWEEN ROUNDS**
7. **2 MINUTES STRETCHING FOR WARM DOWN**

## **FORMAT FOR GRADING**

- 1. GRADE FORM PRESENTATION (EYE OF THE TORNADO)**
- 2. FREE FORM (BASED UPON LULL BEFORE THE STORM FLOOR PATTERN WITH INCREASED FOOTWORK)**
- 3. 1st. ROUND SHADOW SPARRING - HANDS ONLY**
- 4. 1st. ROUND FOCUS PADS - HANDS ONLY**
- 5. 2nd. ROUND SHADOW SPARRING - KICKS ONLY**
- 6. 1st. ROUND KICK SHIELDS - KICKING ONLY**
- 7. 3rd. ROUND SHADOW SPARRING - ALL EIGHT WEAPONS**
- 8. 1st. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS**
- 9 . 2nd. ROUND FOCUS PADS - HANDS AND ELBOWS**
- 10. 2nd. ROUND KICK SHIELDS - KICKING AND KNEES**
- 11. 2nd. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS**
- 12. 3rd. ROUND FOCUS PADS - HANDS, ELBOWS, HIGH ROUND KICKS, SPINNING HOOK KICKS AND CRESCENT KICKS**
- 13. 3rd. ROUND KICK SHIELDS - KICKS, SPINNING BACK KICKS AND GRAPPLING KNEES**
- 14. 3rd. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS**
- 15. 4th. ROUND SHADOW SPARRING - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS**
- 16. 6 X 3 ROUNDS TOUCH CONTACT SPARRING**
- 17. 2 MINUTES STRETCHING FOR WARM DOWN**