

## **GRADING REQUIREMENTS FOR 3<sup>rd</sup> Kyu to 2<sup>nd</sup> kyu (Senior Grade)**

### **Minimum Attendance Requirements-6 months / 60 LESSONS**

- Improvements in mental attitude, form, understanding, focus and timing.
- Demonstrate better use of Japanese – English terminology as requested.
- Form is crucial, Power should be apparent in effect of technique.
- ZANCHIN- An awareness of the role of zanchin (completion of technique in which awareness of opponents and surroundings is maintained).

#### **LINE DRILLS**

- Sanchin-Dachi, Jodan Uke, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Chudan Uke, Jodan Gyaku Tsuki
- Shiko-Dachi, Gedan Beri, Gyaku Shita Tsuki
- Zenkutsu-Dachi, Mae-Geri Chudan Tsuki
- Han-Zenkutsu-Dachi, yuko Geri, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Mawashi Geri, Chudan Gyaku Tsuki
- Sanchin-Dachi, Mae Geri, Mawashi Geri

#### **COMBINATIONS**

- Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
- Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
- Shiko-Dachi (@ 90 degrees), Gedan Tettsui, Ura Uchi
- Sanchin Dachi, Chuge Uke
- Shiko-Dachi @45, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
- Shiko-Dachi @45, Ketsu Geri, Age Tsuki, Ura-Uchi, Gedan Beri, Gyaku Tsuki

#### **KATA**

All prior kata should be of a high standard for this grade.

- Grading Kata – Seiyunchin