

Zen Budo Karate Dan Grading 2020 revisions

4th Dan (minimum age 24 yrs)

Students moving from 3rd to 4th Dan must have gained 10 chosho stripes since achieving 3rd Dan and been assessed at 2 of the last 3 Kyu gradings (9 months)

Mandatory Choshos are:

1. Knife defence
2. Japanese Kata (not in our syllabus)
3. Long Kata
4. Superfit 2
5. Self defence (multiple attackers)
6. Self improvement
7. Pad work combinations (hit and hold)

Basics

(Advanced no 3)

(moving forward only)

1. Downward block, reverse punch, front kick.
2. Side block, , reverse punch. Back leg side kick
3. Upper block, reverse punch, downward kick (inside to out).
4. Inside block, reverse punch, back leg crescent kick.
5. Koreo, front kick/block combination.
6. Back fist, kosa dachi (cross leg stance) from Yuk Jang.

Skills & drills

Devise and demonstrate 4 drills to assist teaching punches and/or kicks.

One step defence against.

1. Front kick (must include sweep).
2. Round kick (must include sweep)
3. Side kick (must include sweep)
4. Heel kick (must include sweep)
5. Reverse punch (must include sweep)
6. Lunge punch (must include sweep)
7. Stick attack (from above or side)

Street Awareness

Demonstrate 3 defence and restraint manoeuvres against a potential knife attack.

Demonstrate 3 defence and restraint manoeuvres against a potential kosh/stick attack.

Kata.

Be prepared to demonstrate up to 10 Katas that are known to you. (This may include a freestyle Kata if you have one).

Semi free sparring

Must include 2 sweeps and/or takedowns.

Sparring.

1-2-1 and against multiple opponents.

Thesis

Submit a thesis on how you would like to see Martial Arts develop in the future.

(minimum 2000 words)

Candidates must also have achieved two from the following list;

- a. Have taught their own class for 5 years.

- b. Have produced 3 black belt students.
- c. Have produced at least one second Dan student.
- d. Have developed Martial Arts in a significant manner.
- e. Have their own satellite school established for at least 18 months.
- f. Have achieved 2nd Dan rank in another style
- g. Have achieved 'Grand Champion' status since achieving 3rd Dan (fighting or Kata).
- h. Have been placed in 6 tournaments in the 2 years leading up to the grading.
- i. Organise and teach a 'self Defence' style course in the local community (6 weeks minimum)
- j. Been engaged in Martial Arts for 15 yrs
- k. Have carried out an act of social responsibility or community spirit in the 12 months leading up to assessment.
- l. Have been a significant resource for BBA.