

Zen Budo Karate Dan Grading 2020 revisions

3rd Dan

minimum age 19 yrs

Students moving from 2nd to 3rd Dan must have gained 8 chosho stripes since 2nd Dan.

Mandatory Choshos are;

1. Japanese Kata (not in our syllabus)
2. Serving the community
3. Kata Bunkai
4. Stick defence
5. Takedowns/sweeps
6. Board Breaking

Advanced Basics (2) performed forward and backward.

1. Downward block (back stance), reverse punch, downward block (forward stance).
2. Upper block (back stance), reverse punch, upper block (forward stance).
3. Side block (back stance), reverse punch, side block (forward stance).
4. inside block (back stance), reverse punch, inside block (forward stance).
5. Palm down chop, three punches.

Kicks

1. Front kick ,round kick.
2. Step side kick , step heel kick.

3. Jump front kick ,step round kick.
4. Round kick ,turn back kick.
5. Back leg side kick, turn heel kick.
6. Downward kick (back leg) crescent kick (back leg).

Combinations

1. Snap punch reverse punch round kick turn back kick.
2. Upper block reverse punch step side kick reverse punch.
3. Inside block upper block reverse punch step through back fist step round kick.
4. Step back inside block, sidekick reverse punch.

Freestyle Combinations

Hands, Feet & Both
(sparring or reality based)

Kata

Chul Gi ,
+ 6 others.

Street Awareness

Demonstrate 4 short sequences from Kata in a 'real world' situation. These may be pro active or reactive.

Semi Free sparring

This must include at least one sweep or takedown.

Sparring.

Standard sparring
Two onto one

Thesis

Submit a thesis on the benefits of Martial Arts to society. .
(minimum 2000 words)

Candidates must have accomplished one from the list below;

- a. Have been teaching their own class for three years.
- b. Have produced their own black belt student.
- c. Have achieved Grand Champion status in Kumite or Kata.
- d. Have been placed in 2 tournaments (fighting or Kata) in the 18 months leading up to the grading.
- e. Have achieved 1st Dan rank in another style
- f. Have taught a 'self defence' type course in a local community (6 weeks minimum).
- g. Have carried out an act of social responsibility or community spirit in the 12 months leading up to this grading.
- h. Have achieved a significant 'milestone' in their lives (public speaking, overcoming phobia, quit smoking etc).
- i. Suggestion from the candidate (must be approved).
- j. Have been a significant part of the Academy and a helpful resource.