

Zen Budo Karate Dan Grading 2020 revisions

2nd Dan

Minimum age 16 yrs with 6 choshos Students moving from 1st to 2nd Dan must have gained 6 chosho stripes since 1st Dan.

Mandatory Choshos are;

1. Superfit 1
2. Basics Bunkai
3. 2 on 1 sparring
4. Tsukurū (unless you were a junior blackbelt)

Basics

(advanced no. 1)

moving forward and backward

1. downward block / reverse punch (forward stance)
2. upper block / reverse punch (forward stance)
3. side block / reverse punch (forward stance)
4. Inside block / reverse punch (forward stance)
5. Knife hand block (back stance) reverse punch (forward stance)

Combination Kicks

Be prepared to perform ANY pair of kicks from the TKD syllabus.

Approximately 10 pairings.

Combination Punches and strikes

(free fighting style)

Be prepared to perform any 3 or 4 technique combination of upper limb techniques from the TKD syllabus.

Freestyle sparring and/or street Combinations (length of mat).

- Upper limbs
- Lower limbs
- All limbs

Street Awareness

Defences

Choose any 4 from the syllabus, or devise your own, to show your own defence ideas.

Street Awareness

Proactive/anticipatory sequences to minimise danger and restrict damage to the assailant.

Semi Free Sparring

(including at least one sweep/takedown)

Sparring

1 to 1 and 2 to 1.

Kata

Ching Mu. + 5

Thesis

Submit a thesis of approximately 1000 words on the ways in which Martial Arts has affected your life so far.