

Zen Budo Karate Dan Grading 2020 revisions

1st Dan

Students moving from JBB to 1st Dan must have gained 5 chosho stripes, be a minimum of 14 years old AND have completed the JBB Warrior programme

(Alternatively JBB + 12 choshos AND have completed the JBB Warrior Programme)

Mandatory Choshos for JBB students are:

1. Blackbelt Combinations
2. Semi free sparring
3. Tsukuru

Basics

1. downward block forward stance
2. upper block forward stance
3. side block forward stance
4. downward block, lunge punch forward stance
5. reverse punch forward stance
6. inside block forward stance
7. knife hand block back stance
8. side block back stance
9. inside block back stance
10. downward block back stance
11. X block forward stance
12. Alternating double downward, double side block, forward stance.

Kicks

1. Front kick (back leg)
2. front kick (step up)
3. round kick (back leg)
4. round kick (step up)
5. back kick (back leg)
6. back kick (step back)
7. side kick (step up)
8. side kick (back leg)

9. crescent kick (step up)
10. crescent kick (back leg)
11. downward kick (step up)
12. downward kick (back leg)
13. heel kick (step up)
14. heel kick (back leg)
15. turn back kick
16. turn heel kick
17. step through turn back kick
18. step through turn heel kick
19. knee strike (straight)
20. knee strike (circular)
21. double side kick (step up)
22. double round kick (step up)
23. heel kick, round kick (step up).
24. Front leg sweep and punch to floor.

Punches/strikes

1. reverse punch
2. snap punch
3. back fist
4. bottom fist
5. inside chop
6. outside chop
7. spear hand
8. forward elbow
9. backward elbow
10. hammer fist
11. Ridge hand (back)
12. Turn back fist
13. Palm heel strike (back)
14. Turn hammer fist
15. double ridge hand
16. double mid section punch
17. tigers mouth strike
18. groin strike (koryo)

Street awareness

1. straight attack from front
2. circular attack front front
3. grab from front
4. grab from behind

Applications

1. Wrist lock (front)
2. Wrist lock (back)
3. Arm lock (single & double)

4. Head tilt
5. Full nelson (to floor)
6. Arm in arm lock
7. 'V' choke to one knee

Kata

Koryo (+5 from)

1. pinan
2. Il Jang
3. Yi Jang
4. Sam Jang
5. Sa Jang
6. O Jang
7. Yuk Jang
8. Chil Jang
9. Pal Jang
10. Tsukuru (JBB)

Combinations

Hand; Downward block, reverse punch, upper block, reverse punch, step back fist, inside block, ridge hand (back), front leg sweep, reverse punch to floor.

Foot; Round kick, turn back kick, front kick, step sweep/stomp, step side kick.

Hand/foot; Snap punch, inside block, back fist, step round kick, reverse punch, heel kick (back leg), turn heel kick, step round kick, reverse punch, ridge hand.

Semi free sparring

Free sparring.