



GRADING SYLLABUS

Black belt:

Focus Work;

Focus jumping spinning kicks.

Blocks ----- Uke

Defence against various weapon attacks.

Partner Work;

Three 30 secs continuous - Nukite, uraken, kumade.
Three 30 secs continuous - Roundhouse, hook, shin.

Four attackers delivering varied multiple attacks from all directions - block, evade and finish attacker.

Pattern Work;

Be aware of your attackers body position.

- 1, Three leg techniques - three hand techniques.
- 2, Three leg techniques - four hand techniques.
- 3, Four leg techniques - five hand techniques.
(in any order)

Sparring;

One for one
Free style

Braking;

Any brake at instructors request.

Instructor may request additional techniques.

Kata; Bassai Dai.