

BOB JONES MARTIAL ARTS



CLUB MANAGEMENT

**ZEN DO KAI
JUNIOR SYLLABUS**

**KYOSHI BRAD ROSS
BJMA EAST COAST CHIEF INSTRUCTOR**

NOTE – THIS DOCUMENT IS DUE FOR REVIEW – DEC 2017

ZEN DO KAI DEGREE PROTOCOLS

ROLES & RESPONSIBILITIES

BJMA East Coast Chief Instructor

- Provide Syllabus
- Provide Training Opportunities
- Ensure standards are maintained/improved
- Ensure Family Heads/Clan Heads/Instructors understand their roles and responsibilities
- Comply with BJMA standards & expectations

Family Heads (5th degree & above) & Clan Heads (3rd & 4th degrees) are responsible for: -

- Keeping the Chief Instructor up to date with grading nominations/promotions
- Their students being of an acceptable standard before grading
- Their students have attended the appropriate number of training days
- Their students understand the grading requirements
- Their students understand the failing policy

Instructors (1st & 2nd degrees) are responsible for: -

- Keeping their Family Head up to date with grading nominations/promotions
- Their students being of an acceptable standard before grading
- Their students have attended the appropriate number of training days
- Their students understand the grading requirements
- Their students understand the failing policy

GRADING PROCESS

- 2016 – Students who currently have been awarded their Ho rank will complete their Ho rank grading following the State Mid-year grading on the Sunshine Coast.
- If successful students will grade at Senjo 2016
- No future checks are required by State Coordinators
- Instructors will make final decision if student is at acceptable standard
- Grade coordinators will work with students for 1 to 2 hours at each Black Belt Training Day
- 2016 – Students will complete their Ho rank grading at the designated Black Belt Training Day prior to Senjo and if successful will be awarded their Ho rank at Senjo.

CURRENT STRUCTURE

- Soke Bob Jones – Founder
- Hanshi Jim Friis – Qld State Head
- Chief Instructor – Kyoshi Brad Ross
- Family Heads – Kyoshi Bruce Maile, Kyoshi Kyl Reber (Above 5th Degree)
- Clan Heads – Renshi Rob McIntyre, Renshi Graham Maxwell, Renshi Steve Panebiango, Sensei Matt Ramsay, Sensei Jaye Howard
- Club Instructors – Sempai Leisa Flynn

CURRENT UPLINE

- These Instructors will be given approval to grade by Kyoshi Brad: Renshi Rob McIntyre, Renshi Graham Maxwell, Renshi Steve Panebiango, Sensei Matt Ramsay, and Sensei Jaye Howard.
- All club Instructors will look after their own students
- Renshi Rob McIntyre will look after Gladstone and Tannum Sands students
- It is the responsibility of the downline instructors to seek out instruction from their up line.

NOTE: Each club instructor is reserved the right to refuse their student from grading. It is also the right of the Chief Instructor to refuse any student from grading. This will only happen after due consultation with the appropriate people.

TRANSITION FROM JUNIOR TO SENIOR CLASS

This must be on an individual level. Generally, by the time the students is 14 years of age, they can be looking at senior classes, but this is only general.

Some instructors have been known to give these students in the transition stage, senior class content/concepts before moving up. Some have their students in the transitional stage do split senior and junior class. This is to give then a trial run for a while with the security of getting back to their junior sessions.

Other instructors have employed a “buddy” system, where they are introduced to someone from the senior class to “look after them and train with them” during that initial stages of senior classes. The general concept is....”to make it as less difficult and stress free” as possible for the students moving to senior classes so that they “don’t drop out!”

If you find or feel that the student isn’t ready to move to senior class, or just simply isn’t big enough...then that’s ok. You can keep them there with the juniors and re-evaluate at the start of the next year if not earlier. If they’ve been with you for a few years...the last thing you want is to lose them. So, plan a head, talk the student, talk to their parents, and make it a team thing.

JUNIOR RANK	SENIOR RANK	TITLE
WHITE BELT	WHITE BELT	NOT APPLICABLE
YELLOW BELT	YELLOW BELT	NOT APPLICABLE
ORANGE BELT	ORANGE BELT	NOT APPLICABLE
BLUE BELT	BLUE BELT	NOT APPLICABLE
GREEN BELT	GREEN BELT	NOT APPLICABLE
BROWN BELT	BROWN BELT	NOT APPLICABLE
SHO DAN HO	SHO DAN HO	NOT APPLICABLE
SHODAN	SHO DAN HO	SEMPAI
NI DAN	SHODAN	DAI SEMPAI
SAN DAN	NIDAN-HO	DAI SEMPAI

CERTIFICATION

Grading certificates should be marked as “JUNIOR” alongside the date on which that grading was achieved. This is to ensure that when they attempt senior grading; the appropriate differentiation’s can be made.

WHITE BELT 1ST TAG

WARM UP

Calisthenics – 3 minutes

3 Push-ups, 3 Sit-ups, 3 Squats

Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Fighting

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross

SHADOW SPARRING

Hands Only (1 x 2min)

DRILLS (X3)

1. Punch Routine

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross

FREECOMBAT (X3)

1. Haymaker

FORM (X3)

N/A

SPARRING

N/A

YELLOW BELT

WARM UP

Calisthenics – 3 minutes

5 Push Ups, 5 Sit-Ups, 5 Squats

Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Fighting

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Hands Only (1 x 2min)

DRILLS (X3)

1. Punch Routine

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab

FORM (X3)

N/A

SPARRING

N/A

YELLOW BELT 1st TAG

WARM UP

Calisthenics – 3 minutes
7 Push Ups, 7 Sit-Ups, 7 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Fighting

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Punches Only (1 x 2min)

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round

SHADOW SPARRING

Kicks Only (1 x 2min)

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab

FORM (X3)

N/A

SPARRING

N/A

ORANGE BELT

WARM UP

Calisthenics – 3 minutes
10 Push Ups, 10 Sit-Ups, 10 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Fighting
4. Dragon

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Punches Only (1 x 2min)

KICKS

(Single Shots – Slow/Fast)

1. Front
3. Round
4. Side
5. Back Angle
6. Back
7. Crescent
8. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab

SPARRING

N/A

ORANGE BELT 1st TAG

WARM UP

Calisthenics – 3 minutes

15 Push Ups, 15 Sit-Ups, 15 Squats

Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Fighting
4. Dragon
5. Squating (Iron Horse)

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Hands Only (1 x 2min)

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

Mixed (1 x 2min)

PARTNER DRILLS

Focus pads (X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross

Kick shields (X3)

1. Right Front Kick, Left Front Kick
2. Right Roundhouse, Left Roundhouse

Thai pads (X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Leg Front Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab

FORM (X3)

1. Iron Horse (1st Side)

SPARRING

N/A

BLUE BELT

WARM UP

Calisthenics – 3 minutes
20 Push Ups, 20 Sit-Ups, 20 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Fighting
5. Dragon
6. Squating (Iron Horse)

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

Mixed (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab

FORM (X3)

1. Iron Horse

SPARRING

4 x 1 minute rounds
Hands & Feet

BLUE BELT 1ST TAG

WARM UP

Calisthenics – 3 minutes
20 Push Ups, 20 Sit-Ups, 20 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Fighting
5. Dragon
6. Squating (Iron Horse)

Footwork Drill

1. Fighting Stance (3 x FWD & BWD)
2. Stamp – Front Jab (X3)
3. Switch – Front Round Kick (X3)
4. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

Mixed (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock

FORM (X3)

1. Iron Horse

SPARRING

4 x 1 minute rounds
Hands & Feet

BLUE BELT 2ND TAG

WARM UP

Calisthenics – 3 minutes
20 Push Ups, 20 Sit-Ups, 20 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

Mixed (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles – Front Run (Sanchin)

SPARRING

N/A

GREEN BELT

WARM UP

Calisthenics – 3 minutes
Stretching Routine – 3 minutes
30 Push Ups, 30 Sit-Ups, 30 Squats

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

SPARRING

6 x 1 minute rounds
Hands, Feet & Knees

GREEN BELT 1ST TAG

WARM UP

Calisthenics – 3 minutes
30 Push Ups, 30 Sit-Ups, 30 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

SPARRING

N/A

GREEN BELT 2ND TAG

WARM UP

Calisthenics – 3 minutes
Stretching Routine – 3 minutes
35 Push Ups, 35 Sit-Ups, 35 Squats

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)

SPARRING

N/A

BROWN BELT

WARM UP

Calisthenics – 3 minutes
40 Push Ups, 40 Sit-Ups, 40 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

ELBOWS – (X3)

1. Round
2. Over

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right
8. Jab – Cross – Left Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)

SPARRING

8 x 1 minute rounds
Hands, Feet & Knees

BROWN BELT 1st TAG

WARM UP

Calisthenics – 3 minutes
Junior - 40 Push Ups, 40 Sit-ups, 40 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

ELBOWS – (X3)

1. Round
2. Over

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right
8. Jab – Cross – Left Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)
4. Lull Before the Storm (Seinchin) 1st Elbow

SPARRING – N/A

BROWN BELT 2nd TAG

WARM UP

Calisthenics – 3 minutes
45 Push Ups, 45 Sit-ups, 45 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

1. Preparation
2. Shoulder
3. Bear
4. Half
5. Cat
6. Fighting
7. Dragon
8. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

ELBOWS – (X3)

1. Round
2. Over

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook – Cross
7. Jab – Overhand Right
8. Jab – Cross – Left Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick
6. Switch Front Kick - Cross - Hook

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)
4. Lull Before the Storm (Seinchin) 2nd Elbow

SPARRING

N/A

BLACK BELT

WARM UP

Calisthenics – 3 minutes
50 Push Ups, 50 Sit ups, 50 Squats
Stretching Routine – 3 minutes

FOOTWORK & STANCES

Stances Drill

4. Preparation
5. Shoulder
6. Bear
7. Half
8. Cat
9. Fighting
10. Dragon
11. Squating (Iron Horse)

Footwork Drill

1. Stamp – Front Jab (X3)
2. Switch – Front Round Kick (X3)
3. Blitz – Rear Round Kick (X3)

HANDS

(Single Shots – Slow/Fast)

1. Jab
2. Cross
3. Hook
4. Uppercut
5. Overhand
6. Palm Heel
7. Knife Hand
8. Spear Hand
9. Ridge Hand
10. Backfist

SHADOW SPARRING

Hands Only (1 x 2min)

HAND DEFENCES

1. High Deflection
2. Centre Deflection
3. Low Deflection
4. Double Circle

KICKS

(Single Shots – Slow/Fast)

1. Front
2. Round
3. Side
4. Back Angle
5. Back
6. Crescent
7. Spinning Back

SHADOW SPARRING

Kicks Only (1 x 2min)

KICK DEFENCES

1. Front Check (Roll)
2. Rear Check (High)
3. Cross Check

ELBOWS – (X3)

1. Round
2. Over

KNEES – (X3)

1. Round
2. Straight

DRILLS

1. Hand (Punch Routine)
2. Kick (Kick Routine)
3. Combination (Adv. Punch & Kick Routine)

SHADOW SPARRING

All 8 Weapons (1 x 2min)

PARTNER DRILLS

Focus Pads (Chant X3)

1. Jab – Cross
2. Jab – Jab – Cross
3. Jab – Cross – Hook
4. Cross – Hook – Uppercut
5. Uppercut – Hook – Cross
6. Cross – Hook - Cross
7. Jab – Overhand Right
8. Jab – Cross – Left Uppercut

Kick shields (Chant X3)

1. Right Rear Front Kick, Left Rear Front Kick
2. Right Roundhouse, Left Roundhouse
3. Switch Front Kick – Blitz Rear Roundhouse
4. Switch Front Kick, Right Thigh Kick
5. Switch Inside Thigh Kick – Rear Thigh Kick
6. Switch Inside Thigh – Rear Roundhouse

Thai pads (Chant X3)

1. Jab – Cross – Rear Roundhouse
2. Jab – Cross – Rear Front Kick
3. Jab – Cross – Hook – Rear Roundhouse
4. Jab – Cross – Hook – Rear Thigh Kick
5. Rear Uppercut – Lead Hook – Rear Thigh Kick
6. Switch Front Kick - Cross - Hook

FREECOMBAT (X3)

1. Haymaker
2. Single wrist grab
3. Single Chest Grab
4. Double Chest Grab
5. Headlock
6. Hair Grab
7. Bear Hug
8. Side Shoulder Grab

FORM / DRILLS (X3)

1. Iron Horse
2. Three Battles (Sanchin)
3. Rotating Palms (Tensho)
4. Lull Before the Storm (Seinchin)

SPARRING

10 x 1 minute rounds

JUNIOR - 1ST DEGREE - SEMPAI

1st Degree (Shodan) – Junior

PRE GRADE REQUIREMENTS

Time Frame – 1 year after Shodan-Ho

Training – 3 Black Belt classes since Shodan-Ho

Uniform – Rank Gi

Iron Horse + Explanation of Form

Rotating Palms + Explanation of Form

Lull Before the Storm + Explanation of Form

Note: All explanation of forms to be assessed at recognized Black Belt Training Day prior to attempting full rank at registered grading as set down by Kyoshi Brad.

A written explanation provided to the grade coordinator and Kyoshi Brad (1 month prior to Ho grading) should explain these three points for each particular form:

1. Vulnerable points shown
2. Types of weapons shown
3. Types of attacks shown

GRADE REQUIREMENTS

- Speech - 250 words
- Three Battles
- Rotating Palms
- Lull Before the Storm
- Freeform
- Bo Kata

Sempai Promotion

- Assist with training students up to Shodan-Ho
- Brought students through one whole rank (i.e.: blue to green belt)
- To have maintained teaching on a regular basis.
- Develop greater fitness level.
- To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- Displayed greater maturity towards an understanding of the martial arts.
- Thorough knowledge and understanding of the 1st Degree form.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Beginning Coaching General Principles Certificate (Sport & Rec. Qld)

Nidan-Ho

PRE GRADE REQUIREMENTS

JUNIOR - 2ND DEGREE – SEMPAI

2nd Degree (Nidan)

PRE GRADE REQUIREMENTS

Time Frame – 2 year after Shodan

Training – 6 Black Belt classes since Shodan

Uniform – Rank Gi

GRADE REQUIREMENTS

Nidan - Junior

1. Lull B 4 the Storm
2. Freeform
3. 4 X 1 1/2 Minute Rounds Shadow Sparring
4. 3 X 1 1/2 Minute Rounds Focus Pads
5. 3 X 1 1/2 Minute Rounds Kick Shields
6. 3 X 1 1/2 Minute Rounds Forearm Pads
7. 6 x 1 1/2 Minute Rounds Sparring
8. 45 Seconds break in between rounds
9. 2 Minutes stretching for warn down

Dai Sempai Promotion

- To have trained a student through to 1st Degree Black Belt.
- To have maintained teaching on a regular basis.
- Develop greater fitness level.
- To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- Displayed greater maturity towards an understanding of the martial arts.
- Thorough knowledge and understanding of the Black Belt form.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)

JUNIOR - SANDAN - HO

Sandan - Ho

PRE GRADE REQUIREMENTS

Time Frame – 2 years after Nidan

Training – 6 Black Belt classes since Nidan

Uniform – Rank Gi

GRADE REQUIREMENTS

THEORY

1. Tensho
2. Lull B 4 the Storm
3. Lightning Strikes Twice

EXPLANATION OF FORM

1. Tensho
2. Lull B 4 the Storm
3. Lightning Strikes Twice

Note: All applications to be assessed at recognized Black Belt Training Day prior to attempting their Ho rank at the next registered grading as set down by Kyoshi Brad.

A written explanation provided to the grade coordinator and Kyoshi Brad (1 month prior to Ho grading) should explain these three points for each particular form:

1. Vulnerable points shown
2. Types of weapons shown
3. Types of attacks shown

Promotion Considerations

- To have trained a student through to junior 2nd Degree Black Belt.
- Continue to teach regularly.
- Show further consolidation of martial arts experience and teaching skills.
- Show balanced approach in tuition to cover more aspects of the martial arts.
- Have greater communication ability.
- Demonstrate that they are thinking more about what they are teaching.
- Have long-term teaching plans/objectives for the students.
- Thorough knowledge and understanding of the Black Belt and 1st Degree form.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)

JUNIOR - 3RD DEGREE – DAI SEMPAI

3rd Degree (Sandán) – Dai Sempai

PRE GRADE REQUIREMENTS

Time Frame – 3 years after Nidan

Training – 9 Black Belt classes since Nidan

Uniform – Rank Gi

GRADE REQUIREMENTS

THEORY

1. Tensho
2. Lull B 4 the Storm
3. Lightning Strikes Twice
4. Freeform

DELTA SELF DEFENCE

1. Tensho
2. Lull B 4 the Storm
3. Lightning Strikes Twice
4. Freeform

AUDIO CD PRESENTATION

1. OF YOUR MARTIAL ARTS EXPERIENCES –
THOUGHTS AND CONSIDERATIONS

(Presented to your Grade Coordinator, Kyoshi Brad,
your instructor 1 month prior to grading)

Dai Sempai Promotion

- To have trained a student through to 1st Degree Black Belt.
- To have maintained teaching on a regular basis.
- Develop greater fitness level.
- To have demonstrated the ability to endure greater pressure and endurance without the loss of control.
- Displayed greater maturity towards an understanding of the martial arts.
- Thorough knowledge and understanding of the Black Belt and 1st Degree form.
- Maintain training with supervising instructor.
- Blue Card (Adults)
- Level 1 Sports trainer Certificate (Sport & Rec. Qld)