

Zen Budo Karate Dan Grading 2020 revisions

5th Dan

Classical TKD

(minimum age 30 yrs)

Students moving from 4th to 5th Dan must have gained 10 chosho stripes since achieving 4th Dan and been assessed at 2 of the last 3 Kyu gradings (9 months)

Mandatory Choshos are:

1. basics bunkai
2. basics bunkai (yes two of these)
3. Japanese Kata (not in our syllabus)
4. protecting your group
5. survival assessment
6. Ultimate punch control
7. Self improvement
8. Pad work combinations (hit and hold)

Basics

1. Shutu- Uke (crossfold knife hand)
2. Korea/Kanku Dai beginning, high knife hand.
3. Koryo, front kick/block combination.
4. Back fist, kosa dachi (cross leg stance) from Yuk Jang.
5. Open hand S/B, elbow, d/block, punch (HS) - from Chul Gi
6. Inside sweep, single finger strike (cat stance) from Unsu.
7. Double ridge hand, knee strike (reversing) - from Tsukuru
8. Open Hand X block (chest height), roll into cup and saucer, hammer fist, reverse punch.
9. Open hand grab (f stance), pull back/push down walking back stance - from Kanku Dai.

10. Push down, grab, pull down, k hand strike, push/pull. from Sienshin.

Basics Bunkai

take 4 of the basics listed and demonstrate 'real life' bunker for each.

Kata.

Be prepared to demonstrate up to 10 Katas that are known to you. (This may include a freestyle Kata if you have one).

Sparring.

1-2-1 and against multiple opponents.

Conflict resolution

Demonstrate understanding of;

1. advance conflict decision making
2. danger avoidance
3. danger recognition
4. passive alertness
5. escape routes
6. verbal de-escalation
7. group hierarchy assessment (if in a group)
8. primary target identification (for pro active strikes)
9. secondary target identification
10. which pro active actions would be likely.

Candidates must also have achieved two from the following list;

- a. Have taught their own class for 5 years.
- b. Have produced 3 black belt students.
- c. Have produced at least one second Dan student.
- d. Have developed Martial Arts in a significant manner.

- e. Have their own satellite school established for at least 18 months.
- f. Have achieved 2nd Dan rank in another style
- g. Have achieved 'Grand Champion' status since achieving 3rd Dan (fighting or Kata).
- h. Have been placed in 6 tournaments in the 2 years leading up to the grading.
- i. Organise and teach a 'self Defence' style course in the local community (6 weeks minimum)
- j. Been engaged in Martial Arts for 15 yrs
- k. Have carried out an of social responsibility or community spirit in the 12 months leading up to assessment.
- l. Have been a significant resource for BBA.