

DAN GRADE TECHNICAL GRADE THEORY EXAMINATION FORM

1ST. DAN

PART # 1

CANDIDATE TO DEMONSTRATE 10 THROWS FROM THE GOKYO (EXAMINERS CHOICE)

PART # 2

CANDIDATE TO DEMONSTRATE 10 COUNTERS, 10 COMBINATIONS, 5 GROUND HOLDS, 5 ARM LOCKS AND 5 STRANGLES.

ARM LOCKS AND STRANGLES TO BE PERFORMED IN A CONTEST SITUATION.

(CANDIDATES CHOICE)

PART # 3

10 QUESTIONS ON JAPANESE TERMINOLOGY

PART # 4

TWO OUT OF THREE OF THE FOLLOWING:

NAGE-NO-KATA, KATAME-NO-KATA OR JU-NO-KATA

CANDIDATES WHO OPT OUT OF DEMONSTRATING NAGE-NO-KATA, WILL BE REQUIRED TO SHOW HOW THEY WOULD TEACH THE FIRST SET.

PASS MARK FOR ALL THE ABOVE - 85%

CANDIDATES WILL BE REQUIRED TO USE JAPANESE TERMINOLOGY

2ND. DAN

AS ABOVE, BUT WITH THREE OUT OF FOUR OF THE FOLLOWING:

NAGE-NO-KATA, KATAME-NO-KATA, JU-NO-KATA OR GONosen-NO-KATA

3RD. DAN

AS FOR 2ND. DAN, BUT WITH FOUR OUT OF FIVE OF THE FOLLOWING:

NAGE-NO-KATA, KATAME-NO-KATA, JU-NO-KATA, GONosen-NO-KATA OR GOSHIN-JUTSU-KATA

4TH. DAN

AS FOR 3RD. DAN, BUT WITH EXAMINERS CHOICE OF KATA

GRADING PROMOTION QUALIFYING REQUIREMENTS:

	CURRENT GRADE	MINIMUM AGE
1ST. DAN	1ST. KYU	18
2ND. DAN	1ST. DAN	21
3RD. DAN	2ND. DAN	30
4TH. DAN	3RD. DAN	