

SHODAN - HO

<u>Fitness</u> 6 Mile Run 45 x Press Ups 45 x Sit Ups 45 x Leg Raises 45 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>All Previous Basic Throws</u> <u>Uchi Kata</u> <u>Striking Kata</u> Use of various striking techniques around body.	<u>Bujutsu</u> <u>Weapon Techniques</u> Revision of Weapons from All Previous Belts: 1) Kubaton 2) Straight Baton 3) Side Handle Baton 4) Knife Defence 5) Tactical Knife 6) Pistol Defence
<u>Nage Waza</u> <u>Throwing Techniques</u> 10 x One Handed Throws of candidates choice. Counter to Multiple Attacks: 3 x 2 Man Attacks. 2 x 3 Man Attacks.	<u>Nage Waza</u> <u>Throwing Techniques</u> Counter Techniques to Selected Throws: 3 x Hip Throws. 2 x Body Drop Throws. 1 x Half Shoulder. 1 x Shoulder Wheel.	<u>Yomoku Fukushu</u> <u>Syllabus Revision</u> All Techniques Randomly Selected From Each Previous Belts.
<u>Kumite</u> <u>Sparring</u> Multiple 1 Minute Rounds of Kumite (With Shodan Ho or Above)	<u>Ne Waza</u> <u>Grappling</u> Multiple 1 Minute Rounds (With Shodan Ho or Above)	<u>Open Forum</u> Q & A Session from Grading Panel & Ukes

Grading Examination

The Candidate MUST have a proven history of classroom assistance of at least 12 months prior to their application to grade.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.