



Version - July
2024

Name of student _____

Students Mobile number _____

Name of Club / Instructor _____ / _____

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Grading Prerequisites

As part of guiding you on your path through BJMA Zen Do Kai, we have prerequisites that must be met before you grade.

Your gradings are generally done in class or at an official training day. All skills for these levels will be taught to you in your regular training classes. Your instructor will inform you of your testing date.

To prepare for your Brown belt and above you will need to make sure you are recording your attendance at special training sessions as well as completing other tasks. Only when you have marked off all prerequisites should you apply to grade. This book should be used as a communication tool between you and your instructor to make sure the opportunities to complete set tasks are made available. Where a task, prerequisite or physical grading requirement cannot be completed due to physical restrictions or opportunities not being available, then your instructor will work with you to create an alternative path so your training and elevation in Zen Do Kai can continue.

Timelines are a minimum of time and training sessions. If the minimum number of training sessions is reached before the timeline, a student should generally wait until their “time on rank” has also been met and vice versa. The times and sessions stated are between ranks, not a total of your training history.

Grading Assessments

Gradings are a special presentation of the skills you have learned and a point of inspiration and celebration.

When the instructors believe that you are ready to progress to your new rank, you'll receive an invitation to grade. To be graded means to be assessed on the skills you have learnt.

As you continue to train, time between grading assessments gets longer as we expect to see more skills performed at a higher standard. Your instructor also considers your commitment, dedication, and martial arts maturity.

The time between grading assessments can vary from person to person depending on skill level, age, and maturity.

If successful in the testing process you will be awarded a coloured cloth belt and an Official BJMA Zen Do Kai certificate noting the level you have achieved. The belt is to be worn in every class. As you work through this booklet you will find a list of all the requirements expected of you on grading day at each rank. Your instructor may choose not to test you on each individual item on the day, but be prepared to perform ALL the requirements.

Each skill or Skill set will be given a GRADE of E, P or R.

E= Excellent standard

P = Passing standard to very good standard

R= Revision required to reach a passing standard.

Yellow Belt

Pathway: Embrace the path of growth as you step up, delving into the world of basic boxing. Through mastering footwork, punches, and defence, you unlock a newfound strength within.

Expectations: The training between white belt and yellow belt is focused on gaining foundation martial arts skills. Primarily your training will focus on

footwork, posture, hand strikes (boxing skills), preparing your body for more rigorous training and, your first self-defence skills.

Skill required for assessment to Yellow Belt

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

Fitness	10 Push Ups	10 Crunches	10 Squats
GRADE			

Stances	*Shoulder width	*Cover	*Prepare
	*Bow	*Horse	*Lunging
	*Bear (hour glass)		
GRADE			

Continue to next page.

Footwork	Stamp - Advancing	Stamp - Retreating
GRADE	Step through	Sidestep

Hand strikes	Jab	Cross	Hook
GRADE	Uppercut	Overhand	Body rip

Defences	Parry (straight punch defence)	360 Defence (circular strike defence)
GRADE	Against a shoulder grab	Against a wrist grab

Forms/Drills	Iron Horse - first 5 movements
GRADE	

Padwork 2 x 2 min	Focus pads Round 1	Focus pads Round 2
GRADE		

Sparring Not required at this level

Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Yellow Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Orange Belt

Pathway: Unleash your inner resilience and expand your horizons. Dive into the art of kicks and their defences, connecting them seamlessly with punches and footwork. Discover the depths of your own strength and let it guide you.

Expectations: The training between yellow belt and orange belt is focused on building upon your skills and newfound strength and balance. Your training will focus on adding kicks and flexibility to your skill repertoire. You will also start sparring, this is the application of the skills you have learnt.

Skill required for assessment to Orange Belt

NOTE: Assessor, please GRADE each skill or skill group with E, P or R

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

* = new requirement to learn for this level

Fitness	15 Push Ups	15 Crunches	15 Squats
GRADE			

Stances	Shoulder width	Cover	Prepare
	Bow	Horse	Lunging
	Bear (hour glass)		
GRADE			

Continue to next page.

Footwork	Stamp - Advancing	Stamp - Retreating	Sidestep
GRADE	Step through	*Back Slide	

Hand strikes	Jab	Cross	Hook
GRADE	Uppercut	Overhand	Body rip

Kicks	*Push kick	*Round kick	*Crescent kick
GRADE			

Defences	Parry (straight punch defence)	360 Defence (circular strike defence)	*Checks (defences against circular kicks to legs and body)
GRADE	*Back slide parry (defence against push kick)		

Forms/Drills	*Iron Horse - first half
GRADE	

Self Defence	*Against a shoulder grab from behind	*Against a wrist grab
GRADE		

Continue to next page.

Padwork 4 x 2 min Kick shield can be used if forearm pads not available GRADE	Focus pads	Focus pads	*Forearm pads	*Forearm pads
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*Sparring 3 x 1 min GRADE	Round 1	Round 2	Round 3
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Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Orange Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Blue Belt

Pathway: Witness the emergence of your true power. As you incorporate elbow and knee strikes into your repertoire, the puzzle of martial arts begins to take shape. Weave together punches, kicks, knees, and elbows with fluid forwards and backwards footwork. This is where your journey into Zen Do Kai forms begins.

Expectations: The time between orange belt and blue belt will give you a much broader understanding of Zen Do Kai. You will develop an understanding of the different ranges of combat with the addition of short range skills, elbows, knees and defences against grabs.

The traditional link you will be introduced to the wonder of forms/kata and blocking drills – our link to ancient Okinawan martial arts.

Prerequisite to be completed prior to being assessed for Blue Belt

Time Frame: 15 Weeks/ 20 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date

NOTE: Once you have completed these prerequisites, please present your book to you instructor. This will help advise them on when you may be ready to be graded (assessed) for your next rank. Remember these are the minimum requirements, your instructor will be able to guide you on the areas of your training that may need more attention as you keep training hard and focus on improving your skills.

There is no fixed time or number of classes that you should be graded within. Being ready to grade is based on the individual's skill and fitness, the instructor and when a grading may be held.

It is important to remind ourselves that "we run our own race".

Prerequisites completed and approved for official grading.

Instructor signature _____

Instructor Title and Name _____

Date of approval _____

Blue Belt

Skills required for assessment to Blue Belt

NOTE: Assessor, please GRADE each skill or skill group with E, P or R

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

***** = new requirement to learn for this level

Fitness	15 Push Ups	15 Crunches	15 Squats
GRADE			

Stances	Shoulder width	Cover	Prepare
	Bow	Horse	Lunging
	Bear (hour glass)		
GRADE			

Footwork	Stamp - Advancing	Stamp - Retreating	Sidestep
	Step through	Back Slide	
GRADE			

Hand strikes	Jab	Cross	Hook
	Uppercut	Overhand	Body rip
GRADE			

Elbow strikes	*Round	*Drop	*Reverse
GRADE			

Knee strikes	*Straight - thrust	*Round	*Clinching
GRADE			

Kicks	Push kick	Round kick	Crescent kick
GRADE			

Defences and counters	Parry and counter strike	360 Defence – wrap up, pivot and counter strikes	Check and counter strike
	Back slide parry and counter strike	*Upper block and centre punch	*Centre block and centre punch
	*Lower block and centre punch		
GRADE			

Self Defence	Against a shoulder grab from behind	Against a wrist grab
GRADE		

Forms / Drills	*Iron Horse form	*Block drill – first 3 blocks, left & right
GRADE		

Padwork 4 x 2 min Kick shield can be used if forearm pads not available GRADE	Focus pads	Focus pads	*Forearm pads	*Forearm pads
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Sparring 3 x 1 min GRADE	Round 1	Round 2	Round 3
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Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Blue Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Green Belt

Pathway: From conceive to achieve, you embrace lateral movement, attacking and defending from all angles. Deepen your awareness and cultivate stability as you explore the value of balance within your Forms. Feel the strength that resides within your centre and let it radiate outward.

Expectations: Blue belt to green belt is a time of consolidation of the basic striking and traditional skills you have learnt. Your body is now stronger, more supple and you understand martial intent.

New skill topic – Ground defence's known as BJJ Combatives.

Prerequisite on following page

Green Belt

Prerequisite to be completed prior to being assessed for Green Belt

Time Frame: 20 Weeks/ 30 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date

NOTE: Once you have completed these prerequisites, please present your book to your instructor. This will help advise them on when you may be ready to be graded (assessed) for your next rank.

There is no fixed time or number of classes that you should be graded within. Being ready to grade is based on the individual's skill and fitness, the instructor and when a grading may be held.

It is important to remind ourselves that "we run our own race".

Prerequisites completed and approved for official grading.

Instructor signature _____

Instructor Title and Name _____

Date of approval _____

Green Belt

Skill required for assessment to Green Belt

NOTE: Assessor, please GRADE each skill or skill group with E, P or R

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

***** = new requirement to learn for this level

Fitness	30 Push Ups	30 Crunches	30 Squats
GRADE			

Stances	Shoulder width	Cover	Prepare
	Bow	Horse	Lunging
	Bear (hour glass)		
GRADE			

Footwork	Stamp - Advancing	Stamp - Retreating	Sidestep
	Step through	Back Slide	
	*Switch	*Blitz	
GRADE			

Continue to next page.

Hand strikes GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body rip
	*Backfist	*Hammer-fist	*Palm Heel

Elbow strikes GRADE	Round	Drop	Reverse
	*Uppercut	*Forearm thrust	

Knee strikes GRADE	Straight - thrust	Round	Clinching
	*Rising knee		

Kicks GRADE	Push	Round	*Side
	Crescent	*Back	*Groin

Defences and counters GRADE	Parry and counter strike	360 Defence – wrap up, pivot and counter strikes	Check and counter strike
	Back slide parry and counter strike	Upper block and centre punch	Centre block and centre punch
	Lower block and centre punch	*Outside to centre block and centre punch	*Double block

Self Defence GRADE	Against a shoulder grab from behind	Against a wrist grab
	Against front throat grab	

Self Defence – BJJ Combatives GRADE	*Technical Standup	*Mount escape (bridge and roll)
	*Retaining Mount	*Osoto Gari- Outer Reap

Forms / Drills GRADE	Iron Horse form	*Block drill – first 5 blocks, left & right
	*3 Battles	*Lull Before the Storm – 1st Elbow

Padwork 6 x 2 min GRADE	Focus pads	Forearm pads	Forearm pads
	Focus pads inc. crescent, hook and spinning hook kicks	Forearm pads	Kick Shield Showing push, side, back, leg and spinning kicks

Sparring 3 x 2 min	Round 1	Round 2	Round 3
GRADE			

Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Green Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Brown Belt

Pathway:

Elevate your skills to new heights, delving into advanced techniques.

Embrace the art of spinning and manoeuvring, integrating all that you have learned thus far into your movements.

Completing the trilogy of basic forms, you lay the foundation for the future, while embodying a spirit of humility.

Brown Belt

Prerequisite to be completed prior to being assessed for Brown Belt

Time Frame: 6 Months/ 35 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date

Prerequisites

A minimum of one state/regional training day is to be completed in the 12 months after grading to green. Remember, this is a minimum, so as much as possible.

1 BJMA ZDK State/Regional training days -

Date	Extra session - date
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NOTE: Once you have completed these prerequisites, please present your book to you instructor. This will help advise them on when you may be ready to be graded (assessed) for your next rank.

Prerequisites completed and approved for official grading.

Instructor signature _____

Instructor Title and Name _____

Date of approval _____

Brown Belt

Skill required for assessment to Brown Belt

NOTE: Assessor, please GRADE each skill or skill group with E, P or R

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

***** = new requirement to learn for this level

Fitness	50 Push Ups	50 Crunches	50 Squats
GRADE			

Stances	Shoulder width	Cover	Prepare
	Bow	Horse	Lunging
	Bear (hour glass)		
GRADE			

Footwork	Stamp - Advancing	Stamp - Retreating	Sidestep
	Step through	Back Slide	
	Switch	Blitz	
GRADE			

Continue to next page.

Hand strikes GRADE	Jab	Cross	Hook
	Uppercut	Overhand	Body rip
	Backfist	Hammer-fist	Palm Heel
	*Ridge Hand	*Axe/Knife hand	*Spear hand
	*Wrist strike (back of wrist and base of palm)		

Elbow strikes GRADE	Round	Drop	Reverse
	Uppercut	Forearm thrust	*Back – round, rising, spinning

Knee strikes GRADE	Straight - thrust	Round	Clinching
	Rising knee		

Kicks GRADE	Push	Round	Side
	Crescent	Back	Groin
	*Spinning Crescent	*Spinning hook	*Spinning back
	*Axe		

Defences and counters	Parry and counter strike	360 Defence – wrap up, pivot and counter strikes	Check and counter strike
	Back slide parry and counter strike	Upper block and centre punch	Centre block and centre punch
	Lower block and centre punch	Outside to centre block and centre punch	Double block
	*Open hand block	*Low sweeping block	*Double circle block – open hand
GRADE			

Self Defence	Against a shoulder grab from behind	Against a wrist grab
	Single hand to throat	*Hair grab from front and behind
GRADE		

Forms / Drills	Iron Horse form	3 Battles	*Block drill – full 8 blocks, left & right
GRADE	*Rotating Palms	*Lull Before The Storm – 2 nd Elbow	

Continue to next page.

Self Defence – BJJ Combatives	Technical Standup	Mount escape (bridge and roll)
	Retaining the mount	Osoto Gari- Outer Reap
	*Side Control Long base & Short base	Defence against headlock (bully choke) – Standing #1
	*Defence against headlock (bully choke) on ground #1	*Single leg take- down
GRADE		

Padwork 6 x 2 min	Focus pads	Forearm pads	Forearm pads
GRADE	Focus pads inc. crescent, hook and spinning hook kicks	Forearm pads	Kick Shield Showing push, side, back, leg, jumping and spinning kicks

Continue to next page.

Sparring 5 x 2 min	Round 1	Round 2	Round 3	Round 4	Round 5
GRADE					

Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Brown Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Black Belt and Beyond

Now is the time to contact your State or Regional grading coordinator. They will work with you and your instructor to help prepare you for the coveted black belt.

Your instructor and your club will remain your main source of training and learning.

The coordinator will guide you and the other people preparing black belt to grade as a unit, bringing together timing, skills and strength expectations.

Please request your next assessment and logbook – Black Belt to 10th Degree

Black Belt

Pathway:

As you reach the pinnacle of your foundation training, an extraordinary chapter unfolds.

This is the Lull Before the Storm.

Prerequisites

A minimum of two training days and the preassessment day are to be completed in the 12 months after you grade to brown. Remember, this is a minimum, so try to get in as many sessions as possible.

2 BJMA ZDK state/regional training days -

Date	Date
Extra session - Date	Extra session – Date

Pre assessment day -

Date

NOTE: Once you have completed these prerequisites, please present your booklet to you instructor and your coordinator. This will help advise them on when you may be ready to be graded (assessed) for your next rank.

Prerequisites completed and approved for official grading.

Instructor signature _____

Instructor Title and Name _____

Date of approval _____

State or regions Black Belt Coordinators approval for official grading.

Coordinator's signature _____

Coordinator's Name _____

Coordinator's Rank _____

Date _____

Black Belt

This grading must be conducted at an official grading or event. Where possible a BJMA State/Regional or National representative must be present.

Skill required for assessment to Black Belt

NOTE: Assessor, please GRADE each skill or skill group with E, P or R R=

Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

* = new requirement to learn for this level

Fitness	100 Push Ups	100 Crunches	100 Squats
GRADE			

Stances	Shoulder width	Cover	Prepare
	Bow	Horse	Lunging
	Bear (hour glass)	Cat	
GRADE			

Footwork	Stamp - Advancing	Stamp - Retreating	Cross Step
	Sidestep	Step through	Back Slide
	Switch	Blitz	
GRADE			

Continue to next page.

Black belt skill requirement continued

GRADE	Defences	Parry (straight punch defence)	360 Defence (circular strike defence)	Checks (defences against circular kicks to legs and body)
		Back slide parry (defence against push kick)	Upper block	Centre block
		Lower Block	Outside to centre block	Double block - forearm's
		Open hand block	Low sweeping block	Double circle block – open hand

GRADE	Self Defence	Against a shoulder grab from behind – single and double	Against a wrist grab – single and double
		360 defence against hay maker, inc. wrap up, pivot and counter strikes, take down and control	Parry against cross punch, inc. wrap up, pivot and counter strikes, takedown and control
		Single and double hand to throat – from front	Hair grab from front and behind
		*Standing headlock from behind – forearm to throat	*Lapel Grab – single and double

Continue to next page.

Padwork 6 x 2 min	Focus pads	Forearm pads	Forearm pads
GRADE	Focus pads inc. crescent, hook and spinning hook kicks	Forearm pads	Kick Shield Showing push, side, back, leg, jumping and spinning kicks

Sparring 5 x 2 min	Round 1	Round 2	Round 3	Round 4	Round 5
GRADE					

Effort over all	Determination	Focus
GRADE	GRADE	GRADE

Continue to next page for final assessment result.

Black Belt Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

