



Version – July 2024

Assessment and Logbook

BLACK BELT TO 10th DEGREE

Name of student _____

Students Mobile number _____

Name of Club / Instructor _____ / _____

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YOUR TRAINING NOTES

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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.

To prepare for your grading assessments 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, your instructor and coordinator 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 and state or regional representative 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 their training history.

Grading Assessments

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

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 and state/regional representatives also consider 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.

All Degree grading assessments for 3rd Degree and above, should include a BJMA Zen Do Kai representative from another region or state.

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

E= Excellent standard

P = Passing standard to very good standard

R= Revision required to reach a passing standard.

Note: a * in the skill section denotes a new skill for that specific rank

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.

Black Belt – Shodan Ho

Pathway:

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

This is the Lull Before the Storm.

Prerequisites for Black Belt continued

Pre assessment day -

Date

Have working with children's approval as per Government requirements

Date	Exp Date
Card No	

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 _____

Continue to next page for black belt assessment sheet.

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

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

Knee strikes	Straight - thrust	Round	Clinching
	Rising knee	*Jumping knee	
GRADE			

Kicks	Push	Round	Side
	Crescent	Back	Groin
	Spinning Crescent	Spinning hook	Spinning back
	Axe	Jumping - variations	
GRADE			

Black belt skill requirement continued

Self Defence –	Technical Getup (stand up)	
BJJ Combatives	Rear Naked Choke defence <i>Also known as a rear headlock – forearm to throat.</i>	#1 Base and take attacker over shoulder. #2. Pulled back – step around to outside. #3. Dragged back – swing arm and turn into your attacker
GRADE	Defence against side headlock, Standing. <i>Also known as a bully choke</i>	#1 – Headlock and punch defence #2 – Locked grip, boxers stance #3 – Locked grip, wide stance #4 – Drop behind, leg between.
	Defence against side headlock, on ground (<i>bulldogged to ground</i>)	#1. Frame and scissor #2 Head tucked down #3 Head tucked down, legs drawn in 4# Attacker releases grip to strike

Continue to next page.

Forms / Drills	Iron Horse	3 Battles	Rotating Palms
GRADE	*Lull Before The Storm	Block drill – full 8 blocks, left & right	*Stepping - block & strike drill

Padwork 5 x 2 min GRADE	Round 1 Focus pads	Round 2 Focus pads inc. crescent, hook and spinning hook kicks
	Round 3 Kick Shield Showing push, side, back, leg, jumping and spinning kicks	Round 4 Forearm pads
	Round 5 Forearm pads	

Sparring 5 x 2 min GRADE	Round 1	Round 2	Round 3	Round 4	Round 5
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Non-skill-based attributes

Effort	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 _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

Prerequisites

A minimum of two State/Regional training days are to be completed in the 12 months after grading to black. Remember, this is a minimum, so try to get in as many sessions as possible

2 BJMA ZDK State training days -

Date	Date
Extra - Date	Extra - Date

Complete the Community Coaching General Principles (CCGP) course – Online and free from the AIS

Date	Certificate number
------	--------------------

Have a current first aid qualification – HLTAID003

Provide First Aid (includes CPR)

Date	Certificate number
------	--------------------

Have required working with children's approval as per Government requirements

Date	Exp Date
Card No	

Assist club instructor with managing class, preparing equipment, consider safety measures. Run 2 x 15 minute warm up or skill sessions

Date	Date
------	------

Continue to next page

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 _____

Continue to next page for 1st Degree assessment sheet.

ASSESSMENT SHEET

1st Degree – Sempai (Assistant Instructor)

Skill required for assessment to 1st Degree

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Date of last grading _____

Date of this grading _____

Forms / Drills

Block drill – full 8 blocks, left & right	GRADE	Stepping - block & strike drill	GRADE
Iron Horse		3 Battles	
Rotating palms		Lull Before the Storm	
Lightning Strikes Twice		Freeform (60 seconds)	
Bo Complex drill part 1		Bo Complex drill part 1 – with partner	

Essay and Artwork

<p>250 word essay written on what you have gained from martial arts training to this point.</p>	<p>Express your spiritual development through an artistic medium OR display your essay in visual and respectful manner</p>
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	GRADE	Feedback notes
Content		
Structure		
Delivery		
engagement		
Confidence and presence		
Time management		
Overall impact		
Artistic presentation		

1st Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

Prerequisites to prepare for 2nd Degree – Dai Sempai (Instructor)

Time Frame: **Minimum of 2 years** and 100 training sessions

Date of last grading _____

Expectations: 2nd Degree is known as the Marathon Grading. It is the most physical grading in Zen Do Kai. The purpose of the grading is to show you the boundaries you may think you have - do not exist. With proper preparation and commitment, you can do almost anything.

2nd Degree is the final step in completing your sports martial arts training. As you prepare for this grading it is highly advised you take on the mindset of a competitive fighter, in your preparation and on assessment day.

Title: On completion of this grading, you will be awarded the title of Dai Sempai –instructor. To prepare for the responsibility of this title you will be required to develop your instructing abilities. The following prerequisites will assist with this.

Mid journey assessment – to make sure you are on the right path and your development is consistent with Zen Do Kai expectations, we ask that you complete an assessment each year. The feedback from this assessment will guide you, your instructor and your coordinator on what areas need more focus in the 2nd year of your training towards 2nd degree. You cannot fail this assessment. It should be viewed as a guide on specific skills.

Prerequisites

Tick once completed	Tick	Exp date
Current First Aid Certificate (Provide First Aid (includes CPR)		
Current Working with Children Check or regional legal equivalent		

To be completed in the 2 years after 1st degree grading	Date	Date
Year 1. Minimum 2 ZDK State training days or regional equivalent		
Year 2. Minimum 2 ZDK State training days or regional equivalent		
Assist as a pad holder and sparring partner in a minimum of 2 gradings (any level).		
Marked a grading sheet – any level		

Please complete at least one of the following options	Date
Attend a BJMA National Training Camp (All BJMA Systems)	
Attend a BJMA National Training weekend (Zen Do Kai)	
Attend a BJMA National Training weekend (Muay Thai)	
Attend a BJMA National Training weekend (Krav Maga)	
Attend a BJMA National Training weekend (Eskrima)	
or EACH of the following	
Attended a BJMA seminar on pad holding	
Attend a BJMA BJJ Combatives seminar	

Year 1 – feedback form on the following skills

	GRADE	Feedback notes
Block Drill		
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Freeform		
Form Knowledge: Demonstrate 3 self- defence techniques from Iron Horse		
Lightning Strikes Twice		
Eye of the Tornado		
2 x 2minute rounds, focus pads		
2 x 2 minute rounds, Thai pads		
3 x 2 minute rounds sparring		

2nd Degree Teaching prerequisites

Minimum Teaching Experience

Running your own club (club name) _____

OR

conduct the following at your home club.

4 x 10 min warmups				
Take you class through 4 x 20 minute sessions on pad work (over 4 different occasions)				
4 x 10min technical skill explanation and drilling (same skill set taught over 4 different occasions)				

Teaching requirements completed and signed off by club instructor.

Club instructor name _____

Club instructor signature _____

NOTE: Once you have completed these prerequisites, please present your booklet to your 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, sighted, and approved for official grading.

Coordinator's Signature _____

Coordinator's Name _____

Coordinator's Rank _____

Date _____

Continue to next page for 2nd Degree assessment sheet.

ASSESSMENT SHEET

2nd Degree – Dai Sempai (Instructor)

The Martial Arts Marathon

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

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Date of last grading _____

Date of this grading _____

Forms

Lightning Strikes Twice	GRADE	Feedback
Eye of the Tornado	GRADE	Feedback
Freeform (60 seconds)	GRADE	Feedback
Coordinators choice of form	GRADE	Feedback

Assessment sheet continued for 2nd Degree.

Rounds

All shadow sparring, sparring and pad rounds will be 3 minutes in duration with a 1 minute rest between all rounds.

1 x Shadow sparring - boxing skills only					GRADE	
6 x Touch-Contact sparring (3 min rounds with a 1 min break between rounds)						
Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	
2 x Focus pads - boxing skills including defence and counters						
Round 1			Round 2			
1 x Shadow sparring - predominately kicks and knees with defences (3min)					GRADE	
1 x Kick Shield - predominately kicks and knees, ground mount positions and ground and pound (3min)					GRADE	
1 x Shadow Sparring - all standup skills (3min)					GRADE	
6 x Thai Pads (forearm pads) - all standup Skills						
Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	
1 x Clinch Sparring round with trainer (pad holder)					GRADE	
1 x Shadow Sparring – cool down					GRADE	

Non-skill-based attributes

Posture	Determination	Intent
GRADE	GRADE	GRADE

2nd Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

Prerequisites to prepare for 3rd Degree – Sensei (Teacher)

Time on rank - minimum of 3 years

Date of last grading _____

Expectations: 3rd Degree is known as the Teachers Grading. It is here that you show you have a clear understanding of all the empty handed skill that make up Zen Do Kai.

You also have the ability to pass those skills on and help Zen Do Kai students become the best they can be.

Title: On completion of this grading, you will be awarded the title of Sensei – Teacher. To prepare for the responsibility of this title you will be required to develop your teaching abilities.

Yearly assessment – to make sure you are on the right path and your development is consistent with Zen Do Kai expectations, we ask that you complete an assessment each year. The feedback from these assessments will guide you, your instructor and your coordinator on what areas need more focus in the following year of your training.

This will include a verbal presentation each year. Information on how this will be evaluated are on the following pages.

You cannot fail these yearly assessments. They should be viewed as a guide on specific skills.

If over the course of the 3 years minimum time between 2nd and 3rd degree you skills do not qualify you for your final assessment then your instructor and coordinator will continue to work with you to improve your skills. There is no maximum period on a specific rank.

Prerequisites for 3rd Degree - Sensei

Tick once completed	Tick	Exp Date
Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		
AIS Online free coaching course or hold government recognized coaching qualifications		

To be completed in the period between receiving 2 nd and attempting 3 rd degree.	Date	Date	Date Extra	Date Extra
Year 1. 2 x ZDK State or Regional training days				
Year 2. 2 x ZDK State or Regional training days				
Year 3. 2 x ZDK State or Regional training days				

Prepare a gradee and be their partner for a brown, black or 2nd degree grading.

Gradee's Name:			Date
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Verbal presentation – how you need to present.

Your coordinator will give you a martial arts related topic to prepare a verbal presentation. This will be conducted in front of a group, generally your peers also preparing for 3rd degree.

Your assessor will be evaluating you on the following parameters:

Content: Evaluate the quality and relevance of the information presented. Consider if the content is accurate, well-organized, and effectively conveys the main points.

Structure: Assess the overall structure of the presentation, including the introduction, body, and conclusion. Look for a clear and logical flow, smooth transitions between sections, and a well-defined thesis or main objective.

Delivery: Evaluate the presenter's delivery style and effectiveness. Consider factors such as clarity of speech, appropriate pace, vocal variety, and non-verbal communication (e.g., body language, eye contact, gestures).

Visual aids: Assess the use of visual aids, such as slides or props, if applicable. Evaluate their relevance, clarity, and effectiveness in supporting the presenter's message without overshadowing it.

Engagement: Consider the presenter's ability to engage the audience throughout the presentation. Evaluate their level of enthusiasm, ability to maintain audience interest, and incorporation of interactive elements (e.g., questions, group activities) if appropriate.

Confidence and presence: Assess the presenter's confidence, poise, and overall presence during the presentation. Look for signs of preparedness, self-assurance, and the ability to handle unexpected questions or challenges.

Time management: Evaluate the presenter's ability to effectively manage time within the given timeframe. Consider if they stay within the allotted time without rushing or going over.

Adaptability: Assess the presenter's adaptability and responsiveness to the audience. Consider their ability to adjust the presentation based on audience feedback, address questions or concerns, and maintain flexibility during unexpected situations.

Overall impact: Assess the overall impact of the presentation. Consider if it was memorable, thought-provoking, and effectively conveyed the intended message.

Year 1 – Feedback Form – to 3rd Degree

GRADE Feedback notes

Complex Drill 1		
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Freeform		

BJJ Combatives

Headlock escape – Standing and ground	Rear naked/ Back choke escape	Tactical getup
GRADE	GRADE	GRADE
Top mount retention	Side control, various bases	Knee ride
GRADE	GRADE	GRADE

Year 1 – Feedback Form
Verbal Presentation – to 3rd Degree

GRADE Feedback notes

Content		
Structure		
Delivery		
Visual aids		
Engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		

Year 2 – Feedback Form – to 3rd Degree

GRADE Feedback notes

Complex Drill 1 & 2		
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Freeform		
1 x Delta		

BJJ Combatives

Forward Roll	Backward Roll	Reaping Takedown	Hip Throw
GRADE	GRADE	GRADE	GRADE

Year 2 – Feedback Form
Verbal Presentation – to 3rd Degree

GRADE Feedback notes

Content		
Structure		
Delivery		
Visual aids		
Engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		

Teaching Experience towards 3rd Degree

Running your own club _____ (club name)

OR

4 x 10min fitness and strength session				
4 training sessions on forms				
4 x 20min Technical skill explanation and drilling (same skill set taught over 4 different occasions)				

Prepare a gradee and be their partner for a brown, black or 2nd degree grading.

Gradee's Name:	Date
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Specialist Course

To be completed at any point after 2nd degree and prior to the 3rd degree physical assessment.

8 Hour or 2 Day official - BJMA Sensei/Coaches/Trainers course.

Course facilitators Name:	Date
Course facilitators signature:	

NOTE: Once you have completed these prerequisites, please present your book 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.

Your grading coordinator must sign off your prerequisites on the following page.

**Prerequisites completed, sighted,
and approved for official grading
to 3rd Degree.**

Coordinator's Signature _____

Coordinator's Name _____

Coordinator's Rank _____

Date _____

Continue to next page for 3rd Degree assessment sheet.

ASSESSMENT SHEET 3rd Degree – Sensei

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Forms and Delta's	GRADE	Feedback notes
Wrath of the Python		
Freeform		
Form selected by grading chanter		
Delta on Lightning Strikes Twice		
Delta on Eye of the Tornado		
Delta on Wrath of the Python		
Delta of your Freeform		

Assessment sheet continued for 3rd Degree.

Essay and Artwork	Feedback
<p>Present an image of your dojo patch and name. Include an explanation of the design and how it relates to you. (you do not need produce patches or be running a club)</p>	

Essay - Verbal Presentation

500 word essay written on what you have gained from martial arts training to this point, what you plan to achieve in the future

GRADE Feedback notes

Content		
Structure		
Delivery		
Visual aids		
Engagement		

Confidence and presence		
Time management		
Adaptability		
Overall impact		

Continue to next page for final assessment mark.

3rd Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

Prerequisites to prepare for 4th Degree – Renshi (Lower Level Master)

Time on rank (minimum of 4 years)

Date of last grading _____

Expectations: 4th Degree is known as the Lower level Master.

As you progress through the years from 3rd degree you will develop a mastery of the skill you are now teaching.

Title: On completion of this grading, you will be awarded the title of Renshi – Lower level Master. To prepare for the responsibility of this title you will be required to develop your understanding of movement, martial spirit, breakdown of skills and personal and character development.

Yearly assessment – to make sure you are on the right path and your development is consistent with Zen Do Kai expectations, we ask that you complete an assessment each year. The feedback from these assessments will guide you, your instructor and your coordinator on what areas need more focus in the following year of your training.

You cannot fail this assessment. It should be viewed as a guide on specific skills.

Prerequisites to be graded to 4th Degree

Tick once completed

Tick

Exp Date

Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

To be completed in the period between receiving 3rd degree and attempting 4th degree.

	Date	Date	Date Extra	Date Extra
Year 1. 2 x ZDK State or Regional training days				
Year 2. 2 x ZDK State or Regional training days				
Year 3. 2 x ZDK State or Regional training days				
Year 4. 2 x ZDK State or Regional training days				

Continue to next page for yearly feedback sheets.

Year 1 – feedback form –4th Degree preparation

	GRADE	Feedback notes
360 Block defence against knife and Batton		
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Bo Complex level 1		
Katana – Iaido 12 cut sequence		
Demonstrate the correct folding of a hakama		

Year 2 – feedback form –4th Degree preparation

	GRADE	Feedback notes
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Freeform		
Katana – laido 12 cut sequence		
Pressure testing with a boken for defence and attack		
2nd weapon, display strikes and defences to a competent level		
Bo Complex level 1 Using Katana or 2 nd weapon.		

Year 3 – feedback form –4th Degree preparation

GRADE Feedback notes

Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Freeform		
Katana freeform		
2nd weapon freeform		
3 rd Weapon, display strikes and defences to a competent level		
Katana Delta		

Year 3 – feedback form
Verbal Presentation – to 4th Degree

GRADE Feedback notes

Content		
Structure		
Delivery		
Visual aids		
engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		

Teaching Experience to be fulfilled between 3rd and 4th Degree

Running you own club (club name) _____

Club started ____ / ____ / ____

Is your club still operating Yes / No

OR, if not running your own club, complete the following

If not running your own club, complete the following in preparation for 4th Degree

20 hours of 30 minutes classes

Date	Date	Date	Date	Date	Date	Date	Date

20 hours of 1 hour classes

Date	Date	Date	Date	Date	Date	Date	Date

To be completed by club and non club instructors

Date	Date
------	------

2 x presentations, instruction or coordination of a seminar of at least 45 minute duration conducted at a State or National level with higher ranks in attendance to observe and assess.		
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NOTE: Once you have completed these prerequisites, please present your book 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 for 4th Degree assessment completed, sighted, and approved for official grading.

Coordinator's Signature _____

Coordinator's Name _____

Coordinator's Rank _____

Date _____

ASSESSMENT SHEET 4th Degree – Renshi

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Forms	GRADE
Master of Darkness feedback	
Empty handed freeform feedback	
Katana – 60 second form feedback	
2 nd Weapon – 60 second form feedback	
3 rd Weapon – 60 second form feedback	
Coordinators choice of form feedback	

Continued on next page.

Delta demonstrations**GRADE**

Delta on Katana feedback	
Delta on 2 nd Weapon feedback	
Delta on 3 rd Weapon feedback	

Essay and Verbal test**Comments**

A written and video presentation of your three weapons. Clear explanation of each weapon, including the history of the weapon, how it is used and why you chose the weapon.	
A verbal test will be given, you must be able to name and explain the different parts of the katana.	

Continue to next page for final assessment result.

4th Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

5th Degree - Shihan, Master

Time on rank (minimum of 5 years)

Date of last grading _____

Always a Student

Consolidation of all previous skills learnt and a clear improvement in understanding and depth.

Physical fitness and strength must be maintained. Training should include all elements of Zen Do Kai including preliminary strikes, self defence, throws, locks and holds, pad work, sparring, weaponry, forms and break down of techniques taught in Zen Do Kai forms. Restrictions of movement, age and injuries will be taken into consideration and evaluated on an individual basis.

Provide evidence of continued learning with instructors other than your head instructor – this can be within BJMA or from outside the organisations. Can include regular classes, seminars, training camps etc.

A master trainer has the ability to

- reflect on previous grades with explanation of the theory behind each level.
- teach skills required for all coloured grades and Degree levels in Zen Do Kai
- instruct classes at a club other than your home club, instruct at a training day, seminar or camp.

A leader in BJMA will

- Co-ordinate specialist training days for your club, assist or be part of the BJMA leadership team in your region.
- Volunteer and assist at official BJMA events.
- Attend as many official BJMA events as possible.
- Develop strong leadership ideals in lower dan grades within your own club and your region.
- Promote BJMA and Zen Do Kai

Prerequisites to prepare for 5th Degree – Shihan (Master)

Yearly assessment – to make sure you are on the right path and your development is consistent with Zen Do Kai expectations, we ask that you complete an assessment each year. The feedback from these assessments will guide you, your instructor and your coordinator on what areas need more focus in the following year of your training.

You cannot fail this assessment. It should be viewed as a guide on specific skills.

Prerequisites to prepare for 5th Degree.

Tick once completed

Tick

Exp Date

Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

To be completed in the period between receiving 4th degree and attempting 5th degree.

	Date	Date	Date Extra	Date Extra
Year 1. 2 x ZDK State or Regional training days				
Year 2. 2 x ZDK State or Regional training days				
Year 3. 2 x ZDK State or Regional training days				
Year 4. 2 x ZDK State or Regional training days				
Year 5. 2 x ZDK State or Regional training days				

Teaching Experience to be fulfilled between 4th and 5th Degree

Conduct a seminar at a Zen Do Kai Club or state event outside of your region or State. Minimum duration of 1.5hrs.	
Location	Date

NOTE: Once you have completed these prerequisites, please present your book 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.

Year 1 – feedback form –5th Degree preparation

	GRADE	Feedback notes
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Dragons Way		
Complex drill 1 & 2		
Demonstrate 2 joint locks – standing		
Demonstrate 2 joint locks – ground		
Demonstrate 2 takedown to a controlling position		

Year 2 – feedback form –5th Degree preparation

GRADE Feedback notes

Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Dragons Way		
Complex drill 3 & 4		
Demonstrate 3 self defence concepts from any form		
Demonstrate 2 chokes from standing or ground		
Demonstrate 10 BJJ Combatives techniques		

Year 3 – feedback form –5th Degree preparation

	GRADE	Feedback notes
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Dragons Way		
Freeform		
Complex drill 1 to 5 chained together		
Demonstrate 12 point knife strike drill		
Demonstrate 2 self defence techniques from Dragons Way		
Demonstrate 2 self defence techniques from another form		

Year 4 – feedback form –5th Degree preparation

	GRADE	Feedback notes
Iron Horse		
3 Battles		
Rotating Palms		
Lull Before the Storm		
Lightning Strikes Twice		
Eye of the Tornado		
Wrath of the Python		
Master of Darkness		
Dragons Way		
Freeform		
Create a complex drill with a minimum of 10 techniques		
Demonstrate 4 self defence techniques from a form – you will be told which form at the time of assessment		

**Prerequisites for completed,
sighted, and approved for official
5th Degree grading.**

Coordinator's Signature _____

Coordinator's Name _____

Coordinator's Rank _____

Date _____

ASSESSMENT SHEET 5th Degree – Shihan

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Forms	GRADE
Dragons Way	
Freeform (60 seconds)	
Coordinators choice of form	

Technical demonstrations	GRADE
Demonstrate effective skills from 8 separate attacks. Each attack from a different angle. Techniques should be a reflection of your skills obtained in your training to this point.	

5th Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Grading Coordinators title and name

Grading Coordinators signature

Please circle.

Overall result: Pass or Revision

6th to 10th Degree

Creating an individual grading plan for every student

As you prepare for the higher dans you will enter into open dialogue between your instructor, regional representatives, and international head instructors.

By 5th Degree you will have been training an average of 18-20 years. You will be known to your instructor and the Zen Do Kai State/regional Representative.

This is conducive to an open discussion to create a clear, written plan on your development over the journey between each Dan. This plan combined with Zen Do Kai's prerequisites will give you a solid foundation and clear direction.

Regular assessment of your progress must be noted to ensure that you have clear feedback and you're motivated to reach the goals you have developed in your plan.

Mentors should be selected for specific elements. If, over time the goals need to be adjusted, these regular assessments will ensure you are not left floundering in self-doubt.

This process will be continued for all degree grades from 6th to 10th.

Prerequisites to be graded to 6th Degree

- Minimum training time between gradings: 6 years

Tick once completed	Tick	Exp Date
Current First Aid Certificate (Work place level equivalent)	<input type="checkbox"/>	<input type="checkbox"/>
Working with Children Check or regional legal equivalent	<input type="checkbox"/>	<input type="checkbox"/>

To be completed in the period between receiving 5th degree and attempting 6th degree.

	Date	Date
Volunteer to assist at State/Regional Training days in an instructing capacity.	<input type="checkbox"/>	<input type="checkbox"/>
Attend and participate in 4 State/Regional Gradings	<input type="checkbox"/>	<input type="checkbox"/>
Attend a minimum of 2 State/ Regional Gradings in a State or Region other than their own	<input type="checkbox"/>	<input type="checkbox"/>
Attend 2 official BJMA camps in a teaching and training capacity.	<input type="checkbox"/>	<input type="checkbox"/>

6 months prior to grade assessment, present to the Zen Do Kai Masters panel.

- present the grading plan (inc. amendments and feedback),
- a recording of rotating palms form, three battles form and a dan grade form,
- a CV The CV will detail the individuals martial arts training and instructing, their achievements and individual contributions to the style and to martial arts in general. Items should be dated for clarification.

ASSESSMENT SHEET 6th Degree

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Requirements	GRADE
1 x breath Form	
1 x a dan grade Form – as selected and mentored by instructor or regional representative.	
Demonstrate 3 sets of movements contained in forms, demonstrating their combat functionality with a partner.	

Date _____

Assessors Title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisites to be graded to 7th Degree

Level is equivalent to a State or Regional representative

- Minimum training time between gradings: 7 years

Tick once completed

Tick

Exp Date

Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

To be completed in the period between receiving 6th degree and attempting 7th degree.

	Date	Date
Volunteer to assist at State/Regional Training days in an instructing capacity.		
Attend and participate in 4 State/Regional Gradings		
Instruct a 3 hour seminar on a topic of their choice (assessed by a higher grade)		
Attend a minimum of 2 State/ Regional Gradings in a State or Region other than their own		
Attend 2 official BJMA camps in a teaching and training capacity.		

6 months prior to grade assessment, present to the Zen Do Kai Masters panel.

- present the grading plan (inc. amendments and feedback),
- a recording of rotating palms form, three battles form and a dan grade form,
- a CV The CV will detail the individuals martial arts training and instructing, their achievements and individual contributions to the style and to martial arts in general. Items should be dated for clarification.

ASSESSMENT SHEET 7th Degree

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Requirements	GRADE
1 x breath Form	
1 x Dan grade Form – as selected and mentored by instructor or regional representative.	
Demonstrate 5 sets of movements contained in forms, demonstrating their combat functionality with a partner.	

Date _____

Assessors Title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisites to be graded to 8th Degree

Level is equivalent to a National representative

A person of this level should work to be recognised as an expert in a specific aspect of Zen Do Kai training

- Minimum training time between gradings: 8 years

Tick once completed	Tick	Exp Date
Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

To be completed in the period between receiving 7 degree and attempting 8th degree.

	Date	Date
Volunteer to assist at State/Regional Training days in an instructing capacity.		
Attend and participate in 6 State/Regional Gradings		
Instruct a min of 2 seminars or camps interstate on a topic of their choice (min 3 hours)		
Attend a minimum of 2 State/ Regional Gradings in a State or Region other than their own		
Attend 2 official BJMA camps in a teaching and training capacity.		

6 months prior to grade assessment, present to the Zen Do Kai Masters panel.

- present the grading plan (inc. amendments and feedback)
- a recording of rotating palms form, three battles form and a dan grade form
- a CV The CV will detail the individuals martial arts training and instructing, their achievements and individual contributions to the style and to martial arts in general. Items should be dated for clarification.

ASSESSMENT SHEET 8th Degree

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Requirements	GRADE
1 x breath form	
1 x a dan grade form – as selected and mentored by instructor or regional representative.	
Create and demonstrate a training or partner drill	

Date _____

Assessors Title and name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Prerequisites to be graded to 9th Degree

**Level is equivalent to a International representative
A person of this level should work to be recognised by martial
artist outside of BJMA as an expert.**

- Minimum training time between gradings: 9 years

Tick once completed	Tick	Exp Date
Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

To be completed in the period between receiving 7 degree and attempting
8th degree.

	Date	Date
Volunteer to assists at State/Regional Training days in an instructing capacity.		
Attend and participate in 6 State/Regional Gradings		
Instruct a seminar or camp interstate or internationally on a topic of their choice (min 3 hours)		
Attend a minimum of 3 State/ Regional Gradings in a State or Region other than their own		
Attend 3 official BJMA camps in a teaching and training capacity.		

6 months prior to grade assessment, present to the Zen Do Kai Masters panel.

- the grading plan (inc. amendments and feedback),
- a recording of a form,
- a martial arts CV

ASSESSMENT SHEET 9th Degree

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Requirements	GRADE
1 x form	
Create and demonstrate a training or partner drill	

Date _____

Assessors Title and name _____

Assessors signature _____

Overall result: Pass or Revision

Prerequisites to be graded to 10th Degree

Level is equivalent to a Masters Master.

A person of this level should work to be recognised for their life long pursuit of martial arts skill, self-development and self sacrifice for others. They are the ones who have guided Zen Do Kai in its pursuit of “the best of everything in progression”.

- Minimum training time between gradings: 10 years

Tick once completed	Tick	Exp Date
Current First Aid Certificate (Work place level equivalent)		
Working with Children Check or regional legal equivalent		

You must continue to

Appear at State/Regional Training days and grading days as an elder statesman, giving guidance and adding gravitas to the day.

6 months prior to grade assessment, present to the Zen Do Kai Masters panel.

- the grading plan (inc. amendments and feedback),
- a recording of a form
- a CV. The CV will detail the individuals martial arts training and instructing, their achievements and individual contributions to the style and to martial arts in general. Items should be dated for clarification.

ASSESSMENT SHEET 10th Degree

As per the syllabus, this must be conducted at an official State or regional grading. A BJMA representative from another State or a BJMA National representative must be present.

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

E= Excellent level, P = Passing standard to very good skill

R= Revision required to reach a passing standard.

Any physical presentation or requirement will be at the discretion of the gradee and the Zen Do Kai Master Panel

Date _____ rank achieved.

Assessors Title and name _____

Assessors signature _____

