



4TH Degree Journey

Once earning your "Sandán" grade, it is a good time to start your training to 4th Degree "Yondán" as soon as possible: Students should not take this (or any other grading) lightly as past graders have found it to be quite difficult. "Failing to plan, is planning to fail". Through the fourth-degree program, we will help you, but it's not just about grading requirements, it is about the journey in becoming a master of one self. Be able to see and feel what is required for your training and see this reflection in your students.

Yondán grading is a physical as well mental grading and students will be tested in both disciplines. The sheer amount of work required in learning new skills and techniques will absorb you mentally. Please remember that physical fitness is a key to succeeding at this level. In addition, you will be required to prepare your partners so that they are able to assist you in making your grading look strong. This is very important and the effort you (and your helpers) put in will make or break your day. Choose your partners well and ensure the student and partners have the capability and understanding of the history and purpose of weapons they will be using.

Objective:

- To achieve a sound knowledge and understanding of the katana (Sword)
- To Demonstrate advanced skills in martial arts training and weapons.
- To extend the understanding of the freeform.
- To attain probationary (Ho rank) through set requirements and level of practicality.
- Ability to have increased awareness.
- Define specific grading requirements to receive full 4th degree.
- Balance, coordination, timing, focus, speed, strength, power, awareness, distance, relaxation and structure will be the focus of the grading.

What you will find in this Kit:

1. The four year journey
2. Review your progress through out your 4 year journey.
3. Grading Form
4. "Ho" requirements
5. Dress code for training and Grading
6. Grading format
7. General requirements
8. Weapon
9. Wearing a Hakama

Stepping Up 1st Year

Your training should be a continuous journey. "Soke" is always positive and he has shown us that we can achieve our goals by remaining focused. Your first year should be designated to learn and understand your grade form, "Master of Darkness". Ask your instructor to help. On training days, the coordinator will assist in breaking down the form into sections. Try to practice as much as possible before class and in your own time. Small steps taken on a consistent basis will ensure you will improve and achieve your goal.

Hopefully through your years of training you have some experience with weapons. If you haven't had time to learn, you may already have a weapon of choice in mind, so begin researching with the use of books or watching videos. If you need assistance, we have the Bo syllabus that will form part of our training program. Our organization has many experts in "AEK" (Arnis Eskrima Kali) and regular seminars are held. This may be of assistance to you so be sure to seek out seminar times, dates and locations.

It is strongly recommended a student is to obtain minimum 4 continuous development program gold points.

2 Points are awarded for the state training days.

- Understanding of grade form, from start to the end.
- Attend minimum 2 training days.
- Attend further education in other clubs.
- Understand the bokken (Wooden sword).
- Understand the basic directional cuts (6 forms of laido).
- Review 4th degree grading requirements and DVD. laido 1 to 12.
- Bokken drills (Provided on training day)
- Complete CTP for the year.
- Personal form (draft)
- Weapons license.

2nd Year

The earlier you attend the coordinator's training days the better it will be for you. This grading requires a lot of preparation and self learning and time is the key. The sword or 'Katana' is a compulsory weapon. There are 12 freeform laido (reference material) drills to learn, they are not difficult, however, the principles are hard to master and require regular practice to attain the appropriate skill level for drawing your sword and correcting your cutting techniques. They will also provide the foundation for your own sword form.

At this stage of you have selected which weapons you will use for your grading. If you have difficulty finding somebody to assist, with one of your chosen weapons we will endeavor to help you find a person capable and able to assist you. It is essential you practice with your chosen weapons as much as possible. Remember that the weapons are merely an extension of yourself so they must become part of you. Your aim is to express yourself through the weapons.

It is strongly recommended a student is to obtain minimum 6 gold points. 2 silver points.

- Understanding of grade form, from start to finish.
- Weapons training commended and personal weapons form created.
- Attend minimum 3 training days.
- Attend any further education in other clubs.
- Understand the bokken (Wooden sword)
- Understand the history and the body parts of a katana.
- Start the process of using the katana.
- Understand basic directional cuts. (6 forms of laido)
- Begin the process of selecting your person weapons.
- Complete CTP for the year.
- Personal form (draft)
- Bokken drills (Provided on training day)

3rd Year

By now your grading plan should be coming together. It is now time to experiment with different techniques that suit your personality, flexibility and philosophy. Don't be afraid to experiment and I recommend you start with one form at a time. It may be that you will have mental blocks. If so, move on to another form and return to it later. This will assist you in clearing your head and develop clearer thought processes. By attending the coordinators training days and seminars you will continue to develop and ensure your readiness for your grading.

One of the most important elements in preparing for your grading is feedback. Be sure to tell your coordinator once you have your forms organized and seek feedback from him/her. You may not always get the feedback you had hoped for but remember development at this level is a long journey. It is important to enjoy your training so that you receive the ultimate reward for your efforts. Utilizing video footage to assist your development as part of your grading. Your instructor is also an important part of your development. Your instructor understands your teaching style, your knowledge of the Zen Do Kai syllabus, how much improvement you have achieved and how you develop your own students. Your coordinator will assess your knowledge of the grading requirements and your preparation. Your instructor and the coordinator will consult with each other (and you) to award you with the probationary rank.

It is strongly recommended a student is to obtain minimum 6 gold points. 4 silver points.

- Understanding of grade form, from start to finish.
- Attend minimum 3 training days.
- Attend any further education in other clubs.
- Understand the bokken/katana (Wooden sword).
- Drawing and returning the katana scabbard.
- Understand the history and the body parts of a katana.
- Synopsis of your three weapons.
- Have a understanding of basic directional cuts. (12 forms of laido)
- Ability to show movement within delta formation.
- Complete CTP for the year.
- Video presentation to assist personal development and review of instructors and coordinator.
- Balance, coordination, timing, focus, speed, strength, power, awareness, distance, relaxation and structure will be the focus of this year.

4th Year

Now that you have been awarded your probationary rank planning for the next 12 months and your grading is essential. Time will pass quickly so it is important that you work with your assistants at every opportunity to fine-tune your deltas, timing and visual effects. Finalising your grading will take a while so remember the coordinators earlier advice to seek feedback from your instructor, coordinator and other students who have been through the process. The training days are for you to develop the areas you feel need further work so use them to your advantage. Organize your partners to be there because an important component of your grading is how you develop your assistants.

By mid year try to have all your forms completed and your Deltas should also be well on the way to finalisation. Video recording all your training sessions provides you with an excellent visual record of your development and allows you to see what others see. This is an ideal method of identifying areas in need of further work. Please be honest with yourself in assessing where you are.

The final month before your grading will be a hectic time. You "Must" attend the coordination pre assessment day with your assistants. The coordinator will give you his consent to do the grading and inform you of issues that need attention prior to the grading. The coordinator wants everyone to pass strongly. Gaining his consent is a sure sign that you are ready and will do well.

It is strongly recommended a student is to obtain minimum 8 Gold points with six silver points. As it is the grading year. It is strongly recommended all training days are attended.

- Able to perform the grade form, from start to finish at a high standard. Able to explain the form.
- Able to perform personal free from start to finish at a high standard.
- Able to perform all three weapon forms start to finish at a high standard without dropping the weapon.
- Able to perform all deltas with partners start to finish at a high standard without dropping the weapon..
- Understand directional cuts at a high. (12 forms of laido)
- Video and written presentation completed.
- Ability to teach weaponry to helpers.
- Able to complete all requirements form grading. As above.
- Presentation of full grading at the assessment prior to grading day.
- Complete CTP for the year.

GOOD LUCK AND I LOOK FORWARD TO TRAINING WITH YOU AND ASSISTING IN YOUR DEVELOPMENT.

Master of Darkness (Shisochin)

Many years ago, the founder of Zen Do Kai had a blind student. After ten lessons the master felt the student was not progressing fast enough. Looking at the blind student there was a frustration that the master could see the student was not progressing and the student could not see his own progression. Suddenly the master said, "Today I shall wear a blindfold so that you can see what you may have learned." For the next five minutes the student thrashed the master soundly. The student replied "Thank You master. For the first time, I can see what I have learnt."

Ever since that day the founder has always practised the "Master of Darkness" form. In this, the eighth form, you must visualise you cannot see. All your eight opponents are bigger and stronger and the given situation of self-defence is that of complete darkness. This is why the form is so low and constantly attacks the legs and body of your opponents. The founder of Zen Do Kai still today, practices this form regularly Blindfolded!

Master of Darkness tips.

- a. If you are planning to grade, you must show your grade form on at the first training day of the year.
- b. Understanding the theory of the form and explanation of movements. It is important communicate with the coordinator early.
- c. The grading panel will be focusing on the following as part of your grading - balance, coordination, timing, focus, speed, strength, power, awareness, relaxation and structure will be the focus of the form.
- d. Other BJMA grade forms maybe asked to be performed on the day of the grading.
- e. Video presentation.

"HO" Requirements

STUDENT/TEACHER IDENTIFICATION OF STRENGTH /WEAKNESS IN HIS STUDENTS ACTIONS.

1. MASTER OF DARKNESS (Shisoochin)
2. DEMONSTRATE ABILITY THROUGH A TEST CRITERIA SET BY THE INSTRUCTOR / COORDINATOR IE. Pre-assessment day and training days. An assessment form can be used to assist the coordinator in providing feedback to the student.
3. TEACHING ON A REGULAR BASES – This should have been a continuous effort by the student since 1st degree. In fourth degree, the student must be able to demonstrate their learning through their own club and their helpers.
4. REACH THE 4 YEAR MARK FROM LAST GRADING.
5. Full membership to BJMA for the previous 3 years. Also have evidence of training / teaching sessions attended in previous year for 4th degree training.

Grading Requirements

The grading requirement is as follows:

1. MASTER OF DARKNESS (Shisoochin)
2. FREEFORM (WITH NAME)
 - 2nd training day of the year. It is recommended you have a 1 minute form prepared.
 - The grading panel will be focusing on the following as part of your grading - balance, coordination, timing, focus, speed, strength, power, awareness, relaxation and structure will be the focus of the form.
 - You maybe asked to provide the freeform at a fast pace.
 - Video presentation.

1ST WEAPON FREEFORM AND FREECOMBAT IN DELTA FORMATION

2ND WEAPON FREEFORM AND FREECOMBAT IN DELTA FORMATION

3rd KATANA FREEFORM AND FREECOMBAT IN DELTA FORMATION

Three weapons freeform.

- Understanding of your weapon of choice.
- A written and video tape presentation of your three weapons.
- Clear explanation of each weapon. Theory, history, why the student chose the weapon and demonstration of the weapon.
- No made-up weapons can be used. For example -Planks of wood, baseball bats and guns. Seek clarification of your weapon with the coordinator.
- Compulsory Samurai sword and bokken will be presented on 2nd,3rd and 4th training day.
- Balance, coordination, Timing, focus, speed, strength, power, awareness, relaxation and structure will be the focus of the form. Start and finish same point. Name of weapon freeform.
- Review DVD of Kyoshi Matt Wickham preparation and basic skill development.
- Understand the 12 forms of laido which have been combined to assist students with different directional cuts.
- Able to explain the different parts of the katana.

1) Presentation and equipment

- a. A black Hakama (Traditional Samurai pants) will be required to be worn at all training days. Helpers are required to wear black Hakama to the pre-assessment day and grading day. No other colour Hakama's can be worn.
- b. Obi (Belt) to be worn underneath the Hakama. (Please refer to coordinator regards to the belt size.
- c. Bokken and weapons are to be carried at all training days.
- d. Pre-assessment day the student must wear all white uniform with the BJMA patch.

- e. It is strongly recommended all students who carry weapons obtain a weapons license. Also, all weapons must be carried with care and in correct manner.
- f. Recommended training all 4th degree training.
- g. It is highly recommended all students consider safety first. Safety equipment male and female groin guard, shin guard and/or other safety equipment.

2) Delta formation

- a. Student must demonstrate correct procedures by the pre-assessment day.
- b. Correct bowing procedures will be advised by coordinator.
- c. Ability to work with helpers on safe use of weapons.
- d. Ability to teach helpers of correct use of wooden weapons.

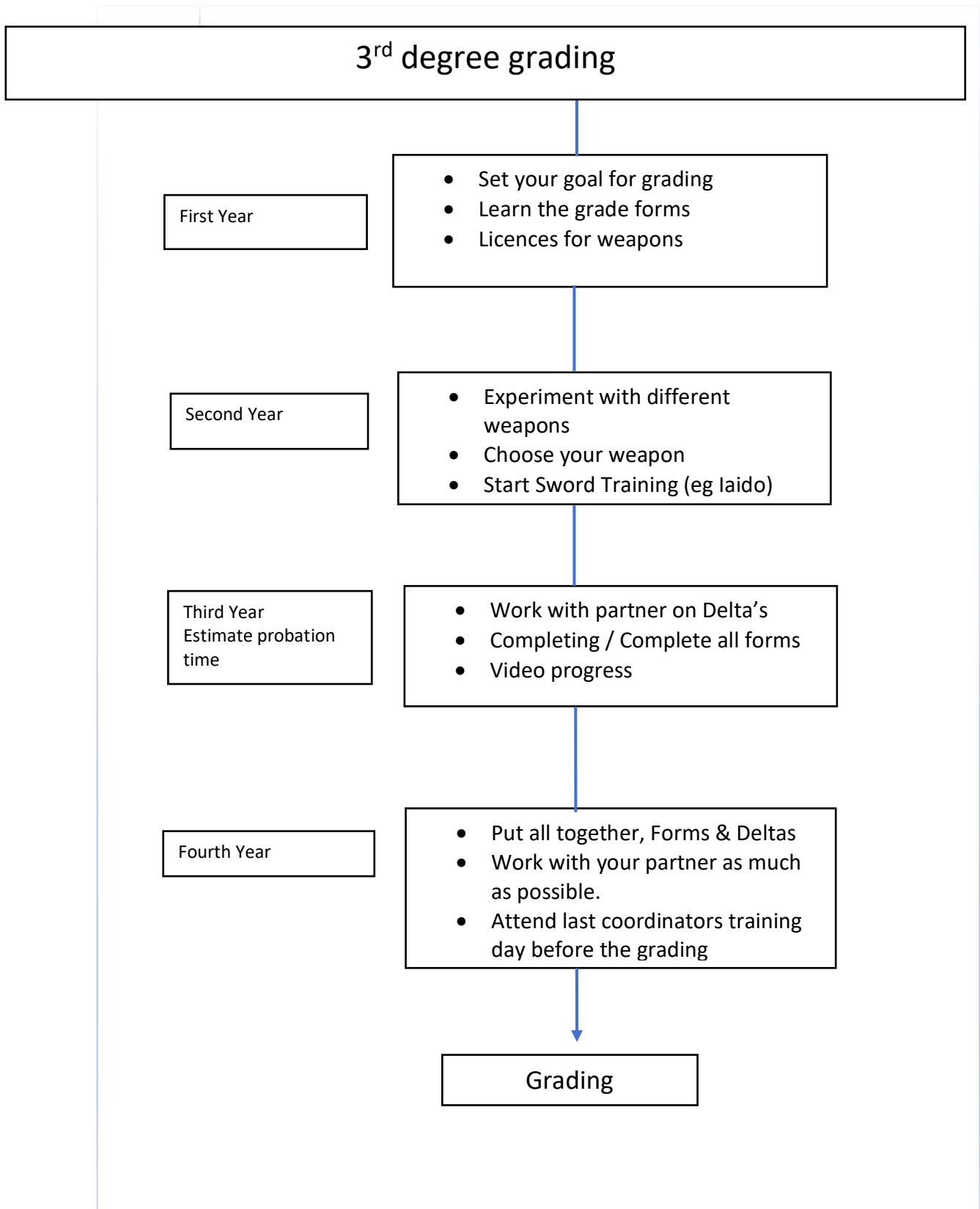
Future of 4th Degree.

As CTP is introduced in 2018. New students who have recently been rewarded their 3rd degree is now encouraged to start the journey of 4th degree. We welcome all students to start training with the coordinator.

There will now be mentoring through out the course of four years with a program to achieve a minimum standard each year.

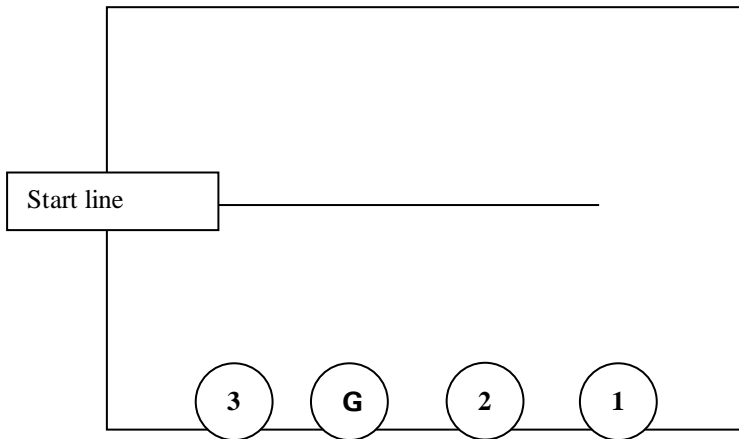
It is strongly recommended moving forward from 2018 all students attend training days to train for their future gradings. Continual training program has been introduced to encourage participation of all students to up lift their capability.

Progress chart from 3rd Degree to 4th Degree



Grading Format

Grading panel



G= Gradee. 1,2,3 = Helpers.

**2/ Gradee approach the starting line
Ready for grade form and freeform (this is done
on the timber floor in front of Mats)**

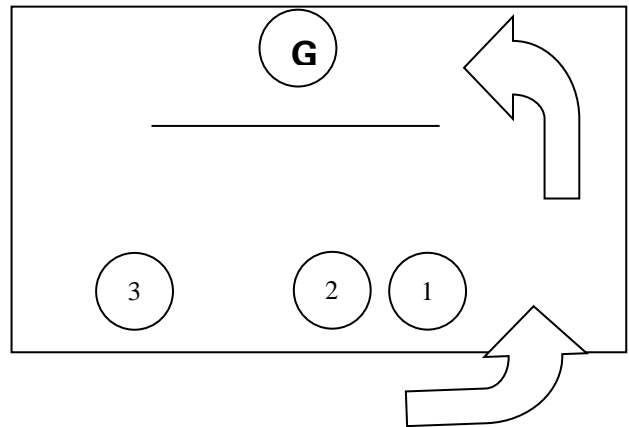
At this point, all will bow on command

**The coordinator will call out the grade
Form first which will be done all together**

**Then free form will be called, the gradee
will call the name of their form then begin.**

1/Line up together

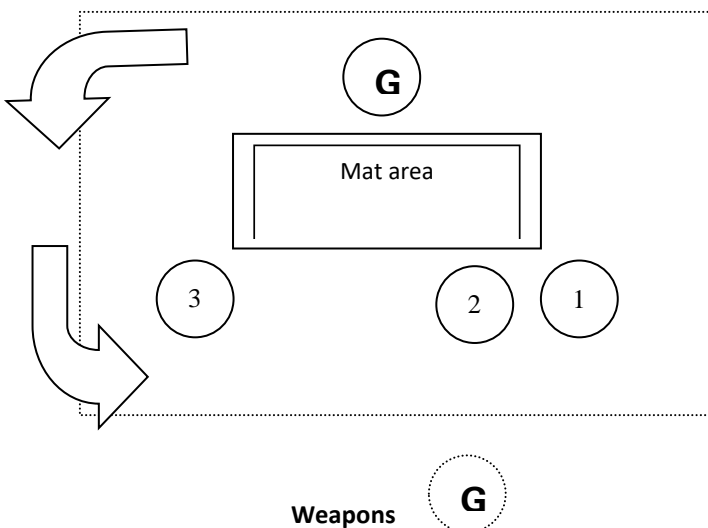
Place weapons on the ground (behind
the group)



**3/ After grade form and free form
you will be asked for your first weapon.
Gradee then in turn retrieve first weapon and
return to start line as diagram 2.**

**Coordinator will then call first weapon form to
begin**

**4/ On completion of 1st weapon form you will
be told to move back to your group. Then walk
onto the edge of the mats with your assistant
ready for the coordinator to start your group
(He will bow to you to start).**

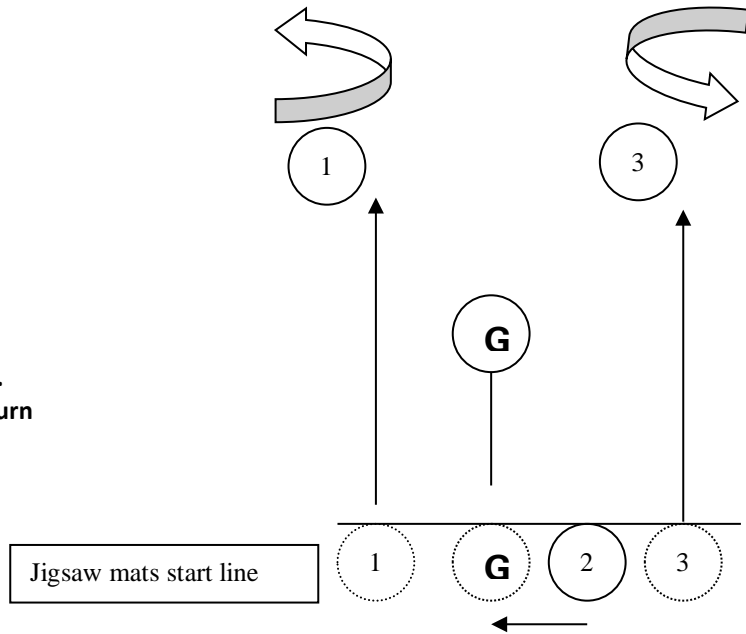


Number two will be the caller:

1. "Bow" to the Grading panel
2. "Begin" all move to position
3. 1 & 3 Take 4 steps
4. G Takes 2 steps
5. 2 Moves to left 1 step

And then turn in to face the gradee.
Please note: the two front people turn left as the plan.

6. "Bow" again to each other
4. "Begin" Start



5. On completion of the delta Gradee announces "Up" all return to feet and back to where they have started. Then "Bow" is called.

The front two turn right then walk back 4 steps, on aligned with the gradee they too step back two steps. Number two steps to the right. "Bow" is called once in a line.

6. Second weapon then be called, all return back to the front with their weapons. As diagram 3.

The format is then repeated.

General Requirements

Dress code:

All designated training days, grade uniform must be worn and all badges in the correct position.

List of clothing required

- Grade uniform
- White uniform(needed before grading)
- Hakama – Black
- Sword belt for Hakama

Hakama is part of the everyday samurai dress code and also to keep the authentic and spiritual sense of the warriors the Hakama is always used when weapons are used.

To determine the length of your Hakama tie at waist height and the bottom should not exceed the ankle.

Grading Etiquette:

- **Gradee must wear white tops with black Hakama.**
- Assistants must be Black tops or grade uniform with club badge. Also, Black Hakama neatly pressed.
- Helpers/Assistants will need to remain focus and determined as they are being graded as part of the gradee.

Weapons

The kinds of weapons that can be used are those that have been used in the past and to have a historical background.

One must understand and experience their chosen weapons and to be able to wield them comfortably and confidently.

The third delta (sword) is to demonstrated with the bokken and the assistant has the option like the other weapons.

When planning a grading choose your assistants weapons on their capability and agility.

Can you legally possess or carry weapons?

This information is provided for all ZDK students who currently have in their possession martial arts weapons. Amendments to the *Control of Weapons Act & Regulations* determine who and what weapons may be legally possessed carried and/or used. Simply relying on the fact, we are martial artists will not provide an adequate defence if one is detected in possession of certain weapons.

Categories

The *Control of Weapons Act* places weapons into various categories. Some of the categories effect martial artists in that they determine what can be legally possessed and what are strictly outlawed by the legislation.

Controlled weapons

A person cannot possess, carry or use a controlled weapon without a lawful excuse. For the purposes of Martial arts training weapons included in this category include swords (includes bokken). A person who is a bona-fide martial arts student and who is travelling to or from a structured martial arts lesson, grading or demonstration has a defence for having such weapons in their possession. However, the manner in which that weapon is carried may determine whether or not an offence has been committed. You would have difficulty justifying having a sword or bokken under the front seat of your vehicle. Correct carriage would be in the boot out of reach.

Prohibited weapons

This category includes instruments such as Nunchaku, daggers (sai swords), samurai sword, sword sticks, butterfly knives, throwing (star) knives, imitation knives, Kamas, Kubotans, foot and hand claws (Ninja) and Shoge.

A Person who is a registered member of a Martial Arts organisation can apply for an exemption to possess and carry prohibited weapons from the Chief Commissioner of Police of Victoria on the prescribed form. The form is available from police stations and attracts a fee. Without the exemption, there is no lawful way of possessing the above weapons. A letter from BJMA head office can be obtained to provide to the police to assist to obtain a reference for an individual to receive a license.

There is no requirement for approval to possess or carry a Bo. However, if it were used or carried with the intention to assault another person it would be deemed a dangerous article.

Carriage of weapons to and from training

Even if you have an exemption to possess/carry your martial arts weapons be sure to lock them in the boot of your car while travelling to and from a training venue. Having your Zen Do Kai registration card or some other proof of your affiliation with a martial arts school would also assist you in justifying the possession of the weapons.