

Zen Do Kai 2nd Degree

FORMAT FOR GRADING

1. GRADE FORM PRESENTATION (EYE OF THE TORNADO)
2. FREE FORM (BASED UPON LULL BEFORE THE STORM FLOOR PATTERN WITH INCREASED FOOTWORK)
3. A RANDOMLY SELECTED ZDK FORM
4. 1st. ROUND SHADOW SPARRING - HANDS ONLY
5. 1st. ROUND FOCUS PADS - HANDS ONLY
6. 2nd. ROUND SHADOW SPARRING - KICKS ONLY
7. 1st. ROUND KICK SHIELDS - KICKING ONLY
8. 3rd. ROUND SHADOW SPARRING - ALL EIGHT WEAPONS
9. 1st. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS
- 9 . 2nd. ROUND FOCUS PADS - HANDS AND ELBOWS
10. 2nd. ROUND KICK SHIELDS - KICKING AND KNEES
11. 2nd. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS
12. 3rd. ROUND FOCUS PADS - HANDS, ELBOWS, HIGH ROUND KICKS, SPINNING HOOK KICKS AND CRESCENT KICKS
13. 3rd. ROUND KICK SHIELDS - KICKS, SPINNING BACK KICKS AND GRAPPLING KNEES
14. 3rd. ROUND FOREARM PADS - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS
15. 4th. ROUND SHADOW SPARRING - ALL EIGHT WEAPONS INCLUDING CHECKS AND COUNTERS
16. 6 X 3 MINUTE ROUNDS TOUCH CONTACT SPARRING
17. 1 X 3 MINUTE ROUND CLINCHING WITH A PARTNER DISPLAYING KNEES AND CONTROL OF THE OPPONENT
18. 2 MINUTES STRETCHING FOR WARM DOWN

