



ZEN DO KAI  
BLACK BELT TRAINING  
2022



## **Welcome to the next stage of your martial arts journey.**

Over the next 6 months you may have some questions as you prepare for your grading. This document is intended to assist you in planning your final year as a coloured belt and to provide you some basic information on what to expect during our time at the training days and on your grading day, and in return what is expected of you at, and away from training days.

As instructors, we are continually seeking ways to improve standards (ours and yours!) and support you at every level. This year the grading format may be slightly different to previous years. The forms and other grading requirements your instructor has been teaching you remains the same. To be clear, NOTHING has changed, it is simply the order we will present it on grading day. You will learn new drills and skills to allow you to improve your skills over the next eight months.

My role as your grading coordinator is to assist you in your attempt to become a black belt in Zen Do Kai Martial Arts. The training days will be on skill development with fighting techniques, so your sparring and self defence application is of the standard expected at black belt level. If you have never done much work in these areas, now is a good time to add it into your training to help increase your skill and fitness. Your club instructor should be able to help you with this, if not, please contact me and I will do what I can to help you. I will be giving you simple drills to build up skill and fitness and I encourage you to get a training partner to do these with you.

Please read through this document and keep it to refer to it over the year.

### **The document includes:**

1. The journey / What is expected from you
2. Charting your progress
3. Grading Consent and Health Form
4. Checklists and training plans
5. Vic State Training Day details

## What is expected of you –

- Ideally, by now you have a basic understanding of what is required in the syllabus. If not, you must speak to your instructor and learn these ASAP and we will fine tune them at training days.
- Your job is to work hard to reach a suitable standard in technique, mental and physical fitness to ensure a successful completion of your goal on grading day. The Shodan Ho grading is a spirited grading both in physical and mental terms. While the technical aspects of the Zen Do Kai syllabus will be tested at the grading, the key to success on the day will be your physical fitness. This year will have a bigger focus on sparring. Please bring sparring gear to ALL sessions and focus mitts and a kick shield.
- I understand that some of you may only train at your club once or twice a week, therefore you will be required to do some training away from class to prepare for this grading. I will include training ideas that you can follow. I strongly suggest you track your fitness in some way to ensure you are progressing over the next few months. You must be fit enough to get through our final compulsory training day to pass the pre-grading assessment\*.
- You must practice ALL your forms. You will be assessed on all forms up to LBTS. Please ensure you practice your forms with your club instructor(s), including grade form. Do not wait between training days to learn more or practice.

## **Preparation**

### **Challenge yourself. Don't set limitations. Remain focused.**

Your training should be progressive to ensure peak physical fitness at the time of your grading. I suggest you vary your sessions and ensure you have light, medium and hard sessions throughout the week. Recovery days can include forms training if you feel you need to be doing something each day. I do not want you to burn out or become injured in your training. You do not need to train at max intensity every single training session to progress. I do expect you to train smart and remember that you are working towards being an instructor, therefore you need to understand how to safely train others as well as yourself.

This year must be used to fine tune all you have learned including forms, theory and practical applications. If you have doubts regarding the interpretation of a form, it is important to seek advice from your instructor and/or the coordinator. The steps you take, no matter how small, if taken on a consistent basis will ensure that your improvement will continue, and you will achieve your goals.

This grading requires a lot of preparation and is the commencement of self- learning and development. In addition to the preliminaries and drills, forms, self defence and sparring you will be examined on your practical understanding of the theory. You will be required to demonstrate your understanding through a series of 'theory applications and a set of defences to grabs (front & rear). While these principles are not difficult to learn they require regular practice to attain the appropriate skill level for your grading- Remember that the preparation of these drills will assist you further through the degree ranks when you are required to perform 'Deltas' using assistants.

One of the most important elements in preparing for your grading is feedback. Be sure to discuss your preparation and seek feedback. You may not always get the feedback you had hoped for but remember your development at this level is a long journey and you must approach it with an open mind. It is important to enjoy your training so that you receive the ultimate reward for your efforts. Your instructor is an integral part of your development and he or she will understand (more than most) your strengths and weaknesses but respect the observations of others who will see you through different eyes. Any feedback you are given by me or any other instructor at these training days is intended to be constructive. Please, if you do not understand something, come and speak to me. If it is something I don't know I will do everything I can to find out.

## **A little about me...**

For those who don't know me, my name is Peter Smedley. I've been training in ZDK for over 26 years and in 2016 I attained the rank of 6<sup>th</sup> Degree (Kyoshi).

I'm a full-time martial arts instructor with two Zen Do Kai clubs on the Mornington Peninsula, in Balnarring and Red Hill. I am also part of the Victorian Leadership Team (VLT) that organizes and coordinates the events and helps with the interactivity of Victorian Clubs, not only amongst each other, but also with "Bob Jones Martial Arts" itself.

I want you to enjoy this part of your martial arts journey and know that I'm here to help you as much as I can. I have set up a secret Facebook Messenger group for us to communicate.

Search for "2021 ZDK Black Belt Grading Group" and request to be added. Feel free to post in there if you have questions or need some advice. If you need to contact me privately, please don't hesitate to do so. My mobile number is 0418 319 064 or you can email me at [pjsmedley1@outlook.com](mailto:pjsmedley1@outlook.com). Please remember that your instructor should be your first point of contact if any problems arise, or you have any questions. If you are unable to get hold of them, by all means, contact me.

Over the next few months, I want you think about what being a Black Belt means to you. Wearing a Black Belt around your waist is one thing, but to become a Black Belt is very different. As you've progressed through the ranks of Zen Do Kai, your physical and mental strength have developed leading you to this stage. As martial artists, we learn to adapt to various stressors quickly in training, we find ways to overcome them and adjust accordingly. For the next few months as you increase your training, I want you think about resilience and use it as a driver for you. When we put you under pressure in training, I want to see you adapt to it, mentally and physically. This is all part of growing as a martial artist. On days you find training hard (and at times you will) I want you to remember that the struggle you find yourself in today is developing the strength you need for tomorrow. Remember the big picture and go back to breakdown of your training plan.

Finally, a big thank you to Renshi Tania Rowan and Kyoshi Mike Quin for allowing me to adopt some of his material for this document.

Regards,  
Kyoshi Pete.

## 2022 Victorian State Training Days

In 2022 we have a total of five state training days before the grading. There is a requirement that all students wishing to attempt their grading MUST attend a minimum of three (3) coordinator training days within the year they wish to grade. One of them, being the Assessment Day on October 29.

The training day on Sat October 29th is compulsory for anyone who wishes to grade this year. If you do not intend on grading this year, you will be able to train in the other skill sessions available at the training day, the main grading group will be focusing on the format and structure of the grading day. Students of all ranks who wish to grade this year must have a pre-grading assessment. You must satisfactorily meet the requirements on the pre-grading assessment form to gain approval to grade. This sheet is new for all grading coordinators to mark- off, however it is not a guarantee that you will pass on grading day. It is up to you to ensure you practice and deliver the standard required on the day.

If you are wishing to grade this year, I advise you to attend as many Vic State training days as possible. I cannot assess where you are in training or help you if you don't make the effort to attend. We will be working on drills that are NOT in the syllabus that you may not have practiced before. It is imperative you work as a group regarding forms. Something many struggle with is timing on forms, particularly if they don't practice forms with others of the same rank. The more you work as a group, the more cohesive you become. This stands out on grading day.

### State Training Days - 2022

20th March - Springers Leisure Centre 11:00 till 2pm

22nd May - Shepparton Sports Stadium 11:00 till 2:00.

10th July - Springers Leisure Centre - 11:00 till 2pm

28th August - Shepparton Sports Stadium 11:00 till 2:00.

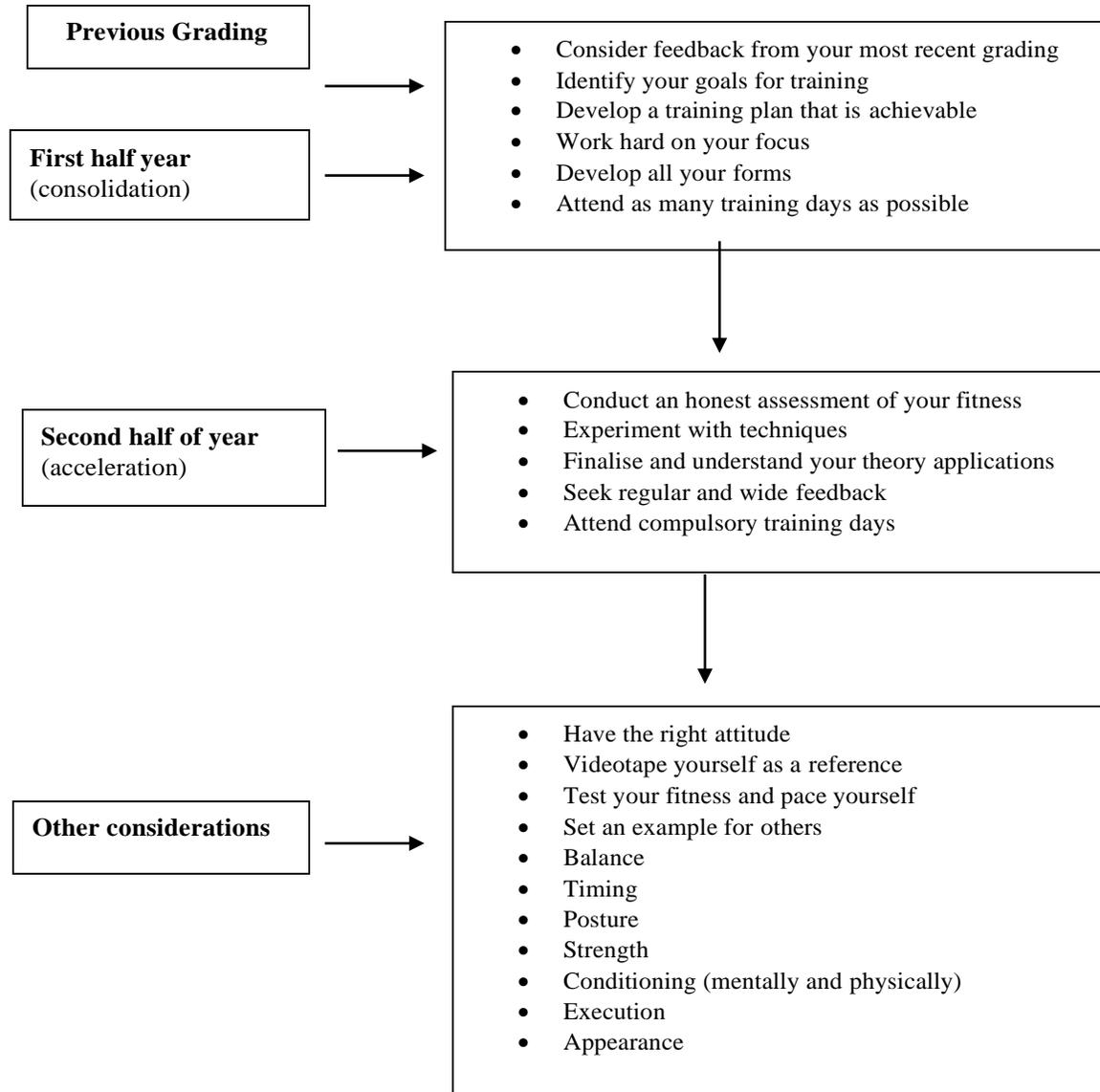
29th October - Springers Leisure Centre 11:00 till 2pm .

**26<sup>th</sup> November-BJMA Victorian State Grading Day,  
12pm to 5pm "Bendigo Sports Stadium" – Bendigo.**

\*NB: If you are sick or injured on pre-grading assessment day, your instructor must contact me so we can decide on a way to assess you. All students must meet the criteria on the pre-grading assessment form to be eligible to grade.\*\*If for some reason you are the highest rank in your club and have no-one to learn forms from please speak to me ASAP.

## Progress chart from Brown Belt to Shodan-Ho

(Many thanks to Kyoshi Mike Quin for allowing me to use this chart).



## PLANNING / PROGRAMMING YOUR TRAINING

- Break your training into blocks. Set goals as to what you want to achieve by the end of that training block.
- Write yourself a plan that allows you to cover the white - black syllabus.
- Eg. to work on increasing your push-ups, sit-ups and cardio fitness try blocking into quadrants. Break up the time you have. We're aiming for progression as this will help build strength, increase fitness and help prevent you doing too much too quickly.

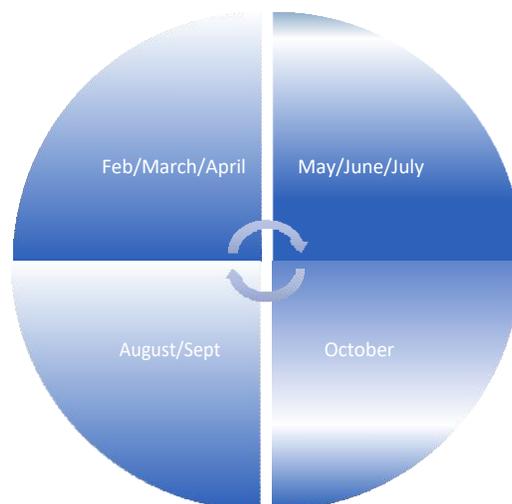
**Quadrant 1 (Feb/March/April)** - Push Ups / Sit Ups / Skips – 80/80/800. Know rest of grade form by end of April plus 5 self defence techniques from a step through right cross.

**Quadrant 2 (May/June/July)** - Push Ups / Sit Ups / Skips – 95/95/950. Have understanding of the five drills by end of July

**Quadrant 3 (Aug/Sept)** - Push Ups / Sit Ups / Skips – 100/100/1000 by Sept 1<sup>st</sup>. Know all forms, drills and other requirements with confidence for grading.

**Quadrant 4 (October/November)** - Push Ups / Sit Ups –100, know all forms, drills and requirements with confidence for grading.

This will allow you to focus more specifically on progressing over months and avoid burning out.





## BJMA Zen Do Kai Grading Consent Form

*This form must be completed and handed to your coordinator on the last training day.*

**Applicant Name:** \_\_\_\_\_

**Date of Last Grading:** \_\_\_\_\_

### Instructor

I, \_\_\_\_\_ hereby give my / decline my consent to the above applicant to attempt grading to the rank of \_\_\_\_\_. He/She has/has not reached a skill level that I am satisfied adequately represents the rank being attempted.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### Coordinator

I, \_\_\_\_\_ hereby give my / decline my consent to the above applicant to attempt grading to the rank of \_\_\_\_\_. He/She has/has not reached a skill level that I am satisfied adequately represents the rank being attempted.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Accepted / not accepted**

## **Zen Do Kai Kai –Check Lists**

Do you have your tips?	YES/NO
Have you attended the minimum number of training days with grading coordinator?	YES/NO
Correct uniform with your name on the lapel?	YES/NO
Do you have correct patches on your uniform?	YES/NO
Is your membership / registration /insurance up to date?	YES/NO
Do you have the consent of your coordinator and Instructor to grade?	YES/NO
If you have an assistant, is he/she over 18 years old and currently registered/insured?	YES/NO
All previous forms to correct standard?	YES/NO
Is your Grade form complete and to standard?	YES/NO
Theory applications complete to standard?	YES/NO
Self defence applications completed to standard?	YES/NO
Is your fitness at the appropriate standard?	YES/NO
Correct protective equipment?	YES/NO



## Black Belt Grading Format

**Warm Up** & Dynamic Stretching x 3 mins

**Push Ups & Sit Ups** x 100/100. Grader's to count out loud.

**Stances** –Horse, Dragon, Bear, Cat – 3 times up and back

### **Forms**

1. Iron Horse.
2. Three Battles.
3. Rotating Palms.
4. Lull before the storm.

### **Dynamic Stretching x 3 mins**

### **Footwork and angles**

Done in line to the count, demonstrating power and speed.

- Stamp left uppercut/Backslide right uppercut.
- Step through Front kick (**normal and reverse fighting stance**).
- Side steps (left and right) with arms only.
- Footwork and angles: 1 minute as shadow work to showing breaking off and angles.

### **Knees**

- Blitz Round knee / Switch round knee

### **Kicks - both sides**

- Crescent kick front leg, then back leg. 3 times each.
- Back Kick front leg, then other leg.

## **Combinations - 5 x each side (normal and reverse fighting stance).**

1. Left side step, rear side-head guard, front check, jab, cross, back round kick.
2. Back hand parry, front hand parry, rear overhand punch, right duck, left duck, left rip, left hook, grab rear thrusting knee.
3. Blitz, clinch, switch left knee, right knee, swing/spin 180 degrees in clinch, follow through rear knee then push off.
4. Front backfist, back cross, front hand stomach punch, back leg kick, same leg sidekick, spinning side kick.
5. Front uppercut elbow, rear round elbow, front over elbow, spinning over elbow, return to fighting stance, jumping knee.
6. Front palm heel strike, right leg back angle kick, left ridge hand to the side, right leg spinning hook kick.

## **Shadow sparring – Hands only: 1 x 1 min.**

Hands only including footwork, all angles, bobs, weaves, slips, backslides etc. Show open and closed fist techniques.

## **Shadow Sparring - Kicks Only: 1 x 1 min.**

Include: Bobs, weaves, slips, angles & footwork (blitz, switch, stamp, step through etc.)

## **Shadow sparring - Footwork - Knees and Elbows:1 x 1 min.**

## **Shadow sparring. All 8 weapons – 3 x1 min**

*with building intensity each round.*

## **Theory/Free Combat**

Various applications for self-defence, working with a partner, including a takedown component (where applicable).

- Straight Right cross
- Lapel grab
- Headlock -side (facing same direction)  
-open rear naked.
- Rear single arm bar
- Groin kick
- Haymaker (high or low)
- Push Kick

**Sparring (including grappling) - 10 X 1 minute rounds Rest: 30 secs.**

1/ Hands only

2/ Hands only

3/ Legs only

4/ General

5/ General - including grappling/clinching (stand up only)

6/ General

7/ General - including grappling/clinching (stand up only)

8/ General

9/ General

10/ General

All sparring must be executed with control, and focus. All required protective gear must be worn. All sparring must be executed with control, and focus. There are to be no take-downs, no catching of legs. Excessive contact will attract a warning and if continued the student will be asked to sit down.

