



# **ZEN DO KAI 4<sup>th</sup> DEGREE**

## **Grading Format**

The grading requirement is as follows:

1. MASTER OF DARKNESS ( Shisoochin )
2. FREEFORM (WITH NAME)
3. 1<sup>ST</sup> WEAPON FREEFORM AND FREECOMBAT IN DELTA FORMATION
4. 2<sup>ND</sup> WEAPON FREEFORM AND FREECOMBAT IN DELTA FORMATION
5. 3<sup>rd</sup> KATANA FREEFORM AND FREECOMBAT IN DELTA FORMATION

Three weapons freeform.

- Understanding of your weapon of choice.
- A written and video 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 weapon is Katana (Samurai sword)
- Able to explain the different parts of the katana.

### 1) Presentation and equipment

- a. A black Hakama (Traditional Samurai pants) . 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.
- c. 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.
- d. It is highly recommended all students consider safety first. Safety equipment male and female groin guard, shin guard and/or other safety equipment.