

Brown to Black belt requirements

ZDK V2.4



ASSESSMENT – Black Belt (Shodan-Ho)

Black Belt Grading Format

Please note that this format is a guide only, and may be changed

Warm Up & Dynamic Stretching x 3 mins

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

Stances – Lunging, 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 backleg. 3 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.

