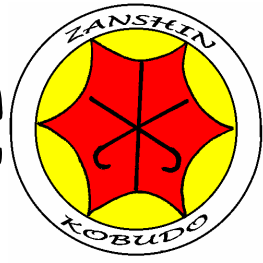


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Grading Syllabus – 6th Kyu

SINGLE STICK

- 1) **Foot movement** Forward, Backward, Diagonal, Zigzag.
- 2) **Handgrips.** 2 hand natural, 2 hand reverse, middle, 1 hand natural, 1 hand reverse.
- 3) **Stances** Natural, attention, fighting, cat, horse, rear cross.
- 4) **Warm ups** Twist twirl, twist twirl release, over the shoulder, over the shoulder with twirl, over the back, over the back with twirl, behind the bicep, behind the bicep with twirl, twirl under the arm, step forward with strike twirl L/R.
- 5) **Blocking drill.** Upper block L/R, high block L/R, middle block L/R, down block L/R.
- 6) **Striking drill.**

BO

- 7) **Hand grips.** 2 hand natural, 2 hand reverse, single hand, sword grip, single reinforced.
- 8) **Warm ups.** 2-hand twirl, single hand twirl L/R, over the hand pass, over the head pass, pass behind the back, over the shoulder pass.
- 9) **Kata,**

YAWARA

- 10) **Hand grips.** Natural, reverse, middle, between the fingers, reinforced.
- 11) **Defence against a lapel grab.** Reach over and apply a wristlock as you step back and counter.
- 12) **Defence against a push.** Place the yawara across the wrist and pull down.

13) Defence against a push. Pin the hand to the chest with the Yawara, lift the elbow up and out.

HANBO

14) Defence against haymaker. Block with the left hand and strike the bicep with the Hanbo, place the hanbo behind the neck and grab with both hands and pull to the shoulder.

15) Defence against a straight punch. Tai-sebaki to the left and block on the elbow with the Hanbo (left hand on top), let go with the left hand and place the Hanbo across the front of the neck as you step behind, grab with both hands tuck the head in and apply a choke.

16) Defence against a straight punch. Tai-sebaki to the left and block on the elbow with the Hanbo (left hand on top), push the bottom of the Hanbo into the groin area and release with the right hand, grab the wrist with the right hand push the Hanbo against the bicep and take down.

Pass (18) Good (25) Exc (40)