



York Karate-do ShoDan Grading

1. Develop and implement your Goal Planner
2. Develop and implement your training plan based on your Goal Planner
3. Responsible for all the required basics, kata with bunkai, self defence and ippon kumite
4. Be able to trace all the channels/meridians from start to finish and explain the element and polarity. Be able to explain the cycle of destruction and the diurnal cycle.
5. Develop 3 self-defence movements from 3 kata of choice (total of 9), these must include attacks from behind, single and double hand grabs and attacks to the legs.
6. Research an assigned kata and develop advanced bunkai including pressure points and tuite and provide a video of the kata showing the applications.
7. Develop a lesson plan for a class and a drill to teach an assigned principle or technique
8. Demonstrate teaching of an assigned principle or technique
9. Have been assisting in at least one class a week for not less than 12 months.
10. Have a valid first aid certification.
11. A 2,000 word essay on an agreed upon topic, in both hard copy and Word file.