



Theory & Knowledge Component – (Advanced Kyu Grades)

Student Name: _____	Current grade: _____
Address: _____	
Phone: _____	Email: _____

Please present your essay and written answers to instructors at the time you challenge for your grading. Be advised that this a part of your grading requirements, **if you fail to complete this section you will fail your grading**. If you need more time, please ask for an extension prior to the grading day. If you have not had much experience writing essays a very good example of a grading essay can be found online:
<http://chitoryu.com.au/resources/>

Your essay is intended to show your understanding at this point in time, however some topics may also require research. Be sure to reference ideas that are not your own. Your short answer should be at least 3-4 sentences long and your essay should be at least 1 page, preferably typed.

Short Answer Questions (Answer ALL questions)

1. What is shime?
2. What is zanshin?
3. What is metsuke?
4. What is kime?
5. What is kiai?
6. What are hikite & hikiashi?

Essay Topics (Select the topic for your next level)

3rd Kyu: What do you think are your responsibilities as a senior member of your dojo?

2nd Kyu: “The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of it's participants.” What character traits are you trying to develop in yourself? What do you feel are your current strengths and weaknesses? And, how is your training helping you to overcome your current weaknesses?

1st Kyu: Explain what the Showa means to you. Be sure to cover the key concepts mentioned in the Showa: shugyo, bushido, wa, nin, rikihitatsu (tsutomereba kanarazu tassu).

Additional Practical Components (To be tested at your grading)

1. Demonstrate how to correctly tie your belt.
2. Demonstrate how to correctly sit in seiza, bow and stand up from seiza.
3. Recite the Showa in Japanese.
4. What do you say at the start and end of the class when you bow to your teacher/partner?

'Success is in direct proportion to your commitment to excellence and your love of what you do, regardless of your chosen field of endeavour.'