

新谷和道会空手道



# **Para-Karate**

## **Black Belt Gradings**

### **Guidelines and**

### **Recommendations**

**January 2022**

*Written by:*

**Para-Karate Committee**



## Para-Karate Black Belt Gradings

### Guidelines and Recommendations

#### Grading Process

- The application for Para-Karate black belt grading is completed by both the student and their instructor. This form will request the designation of Para-Karate as a physical impairment, visual impairment, hearing impairment, intellectual/developmental disability, or other.
- The application form has a section for the instructor to describe what accommodations may be required for this student to have a successful grading venue such as:
  - Having a shorter workout/examination period i.e., 2 hours verses a full day, over a few days / weeks
  - Being graded alone instead of with a group of students
  - Being graded in a small group with similar format
  - Providing frequent breaks or longer break periods
  - Running the speed of the grading at a slower pace or with less repetitions
- The application will require the student's karate history and participation in SWKKF
- Participation in clinic and/or tournaments is included but not mandatory for grading requirements but is recommended.
- The final page of the application provides space for the instructor to include any pertinent information to the joseki board i.e., student uses a chair to maintain balance or lies on the floor to illustrate side kick (yoko geri) and/or uses personal assistive devices/equipment.
- Para-Karate students may be exempted from the written test or complete a verbal or pictorial test.
- The student's application should illustrate their effort and dedication to their years of training and commitment to karate (i.e., training numerous days, weekly and for years) to be accepted into the grading. The grading should be an outcome of accomplishment.
- Grading evaluation sheets will be the same grading sheets used for typical gradings with side notes made by the evaluator to acknowledge accommodations.

All Para-Karate students are to participate in a brown/black belt evaluation/pre-grading prior to applying for the actual grading. This allows for feedback and any suggestions prior to grading.

## **Tips to Consider at Para-Karate Black Belt Gradings**

- All Para-Karate students, regardless of their limitations, are to be graded for their strengths and efforts to accomplish each section of the grading curriculum.
- The student should be encouraged to be performing at the best of their ability.

Below, see considerations that are provided for some Para-Karate students in some cases.

### **Stances:**

- May have narrower stances so to maintain their balance and power. Do not expect to see a wide stance i.e., in kiba dachi or zenkutsa dachi, but the student should still place body weight appropriately to the type of stance i.e., more weight on the back foot in kokutsu dachi. Also, the back leg in a forward stance such as zenkutsa dachi may never be straight.
- The student may not have stamina for holding a stance for long periods of time.
- When in kiba dachi – may not be able to move sideways i.e., into juji dachi but may either shuffle or step to the side.
- Stances may be shallow in comparison to a typical student.
- Going into any backward movement, may need to be executed more slowly for maintenance of balance.
- Higher level stances i.e., hachiji dachi may mean there may be possibly weaker hip rotation.
- When moving from stance to stance, the student may need to re-adjust or take an extra step/shuffle to gain balance when moving forward or turning around.
- The student should attempt to demonstrate correct posture to the best of their ability.

### **Strikes:**

- These should all follow the typical technique and form i.e., execute form, power and focus but speed may be compromised.
- In some cases, strikes may be soft, not fully stretched out, and target may be impacted (with lack of midline crossing). The student should attempt to demonstrate focus in their technique.

### **Blocks:**

- The block may be closer to the body to ensure balance.

- There may be more of a swing movement from the shoulder to execute the block i.e., gedan-barai to keep balance and get power.
- In some cases, the blocks may be soft or slow to execute, not fully executed or there may be difficulty in maintaining a block for a long period of time. The student should attempt to demonstrate focus in their blocks.

#### **Kicks:**

- The student could maintain balance by having one hand on a chair to throw kicks i.e., yoko, mawashi etc. to do kicks from a stand-up position.
- Or may lay on a mat and execute yoko geri in an upwards motion.
- When standing up, kicks may be lower i.e., at the shin level but should still focus bottom of foot or top of foot to distinguish type of kick being executed.
- There may be some sweeping up motion but still have focus i.e., bottom of foot for mae geri and top of foot for mawashi geri. The knee should still be bent to execute the kick.
- In some cases, kicks may be soft with difficulty in executing all stages of a full kick.

#### **Katas:**

- A student may have a partner/coach who does the katas with them.
- Katas for their rank may only be required to be performed once to demonstrate their knowledge and ability to perform each of the katas.
- The student should show spirit and execute the kata as if it is a real fight.
- First two times the kata is done, allow the student to do the kata slowly so they can show technique. The third time, the student should show speed and spirit.

#### **Kumite:**

- Free sparring of kumite may be waived in replacement of flag kumite or two step.
- No kicks are used by either component in flag kumite.
- Kumite may be waived all together and replaced with two step techniques.
- Reflexes and reaction time may be slower.

### **Overall Considerations:**

- For some students, it is like having lead feet! Image this as you evaluate their performances, and for others it is like having helium balloons for feet (not grounded at all).
- Do not rush grading – slow the pace down so the candidate can show technique.
- When asked for speed – realize their techniques may shorten up in form because to maintain form, the student may lose speed.
- Fluidity may be choppy at times.
- If kept in a regular group to be graded, maybe go at a slower pace i.e., this student does every other count to show the technique.
- May have slower processing speed in relation to knowledge they are attempting to exhibit.

### **Jouseki Board for Para-Karate Black Belt Gradings**

- Where possible at least one member of the Jouseki board will have experience with Para-Karate, whether it be through tournament judging, instruction or working in class with Para-Karate students.

## APPLICATION FOR PARA-KARATE BLACK BELT GRADING

TO BE COMPLETED BY APPLICANT AND INSTRUCTOR



\*Application, and payment must be completed and received 1 month prior to grading to be eligible for grading. Late applications will not be accepted.

DATE		EMAIL	
FIRST NAME		LAST NAME	
MAILING ADDRESS			
CITY & PROVINCE		POSTAL CODE	
DATE OF BIRTH		GENDER	
PHONE #		Passbook #	
Pictures of Passbook Info Attached to Page 3	<input type="checkbox"/> YES <input type="checkbox"/> NO	PRESENT RANK	
PASSBOOK UPDATED?	<input type="checkbox"/> YES <input type="checkbox"/> NO	DATE OF LAST GRADING	
CLUB		INSTRUCTOR	
DATE OF ENROLMENT		Rank Applying For	<input type="radio"/> Shodan <input type="radio"/> Nidan <input type="radio"/> Sandan <input type="radio"/> Yodan

TRAINING SCHEDULE			
AVERAGE # HOURS/WEEK		AVERAGE # MONTHS/YR.	
TEACHING SCHEDULE			
AVERAGE # HOURS/WEEK		AVERAGE # MONTHS/YR.	
DISABILITIES/ADAPTED MARTIAL ARTS	<input type="radio"/> Physical Impairment: _____ <input type="radio"/> Visual Impairment: _____ <input type="radio"/> Hearing Impairment: _____ <input type="radio"/> Intellectual Disability: _____ <input type="radio"/> Other: _____		

WHAT ACCOMMODATIONS OR MODIFICATIONS WILL ALLOW FOR A SUCCESSFUL GRADING VENUE?  COMMENTS TO BE PROVIDED BY INSTRUCTOR:	<input type="checkbox"/> Shorter Grading Time: _____ <input type="checkbox"/> Graded Alone: _____ <input type="checkbox"/> Graded In Small Group: _____ <input type="checkbox"/> Breaks More Often: _____ <input type="checkbox"/> Slower Pace: _____ <input type="checkbox"/> Other: _____ _____
---	---

RANK	DATE GRADED	INSTRUCTOR(S)
YELLOW		
ORANGE		
GREEN		
BLUE		
BROWN		
RED (IF APPLICABLE)		

<b>BLACK BELT CLINICS</b>	REQUIRED ANNUALLY. SHOULD NOT BE YOUR INSTRUCTOR
---------------------------	--

DATE	LOCATION	LIST OF INSTRUCTOR(S)

<b>TOURNAMENTS</b>	ENCOURAGED TO COMPETE OR PARTICIPATE IN 2 PER YEAR
--------------------	--

DATE	LOCATION	TOURNAMENT ARBRITRATOR/SENSEI SIGNATURE

PRE-GRADING(S)		HIGHLY RECOMMENDED
DATE	LOCATION	LIST OF INSTRUCTOR(S) BELOW

PRE-GRADING(S)		HIGHLY RECOMMENDED
DATE	LOCATION	LIST OF INSTRUCTOR(S) BELOW

Attached Pictures of Information in Passbook (Registration Record, Grading Record, Clinics, Tournaments):

USE SEPARATE SHEET TO ANSWER THE FOLLOWING QUESTION (IF NECESSARY):

What benefits have you achieved through Wado Kai Karate?

DATE	
------	--



PROPOSED GRADING	LOCATION	DATE

APPLICANT'S INSTRUCTOR SECTION			
FIRST NAME		LAST NAME	
PHONE #		EMAIL ADDRESS	
CLUB NAME		CLUB LOCATION	
PRESENT RANK		DATE OF LAST GRADING	
INSTRUCTOR'S SENSEI		TEACHING CERTIFICATE#	
Are you giving this student permission to try for this rank or are you recommending this student for this rank. Please check the box below: <input type="checkbox"/> PERMISSION <input type="checkbox"/> RECOMMENDING		Did you verify the students SWKKF passbook for all appropriate information/stamps/etc.? Please check the box below: <input type="checkbox"/> YES <input type="checkbox"/> NO	

### INSTRUCTOR ACCOUNTABILITY FORM

**NOTE:** The following questions have been put into the grading applications to ensure instructors know and verify training information prior to the grading. By verifying the information below we are trying to avoid students attending gradings when they are not ready or have not met the time requirements for the rank. If your student has not met the criteria outlined in the SWKKF Grading Manual, please ensure you provide explanations as to why.

QUESTION	ANSWER
1. Have you reviewed the candidate's passbook, ensuring it is up to date? (I.e. clinic participation information, address, past grading dates, etc.)	<input type="checkbox"/> YES <input type="checkbox"/> NO
2. Please indicate the minimum years required for the rank your student will be attempting to advance to.	# _____
3. How many years has your student been actively training (without extended breaks) since their last grading?	# _____
4. How many years has your student been active in the SWKKF?	# _____

5. Please indicate the number of training hours/week required for the rank your student will be attempting to advance to.	# _____
6. List the average number of training hours/week your student has completed for this rank.	# _____
7. What is the minimum number of tournament participation required for this rank?	# _____
8. Please indicate how many tournaments your student has attended.	# _____
9. How many Black Belt clinics are required for this rank?	# _____
10. Please indicate how many advanced clinics your candidate has attended.	# _____
11. (A) Are you recommending your student for their next rank or (B) are you asking the Jouseki board to evaluate your student and recommend pass/fail based on their performance?	<input type="checkbox"/> A <input type="checkbox"/> B
12. As the instructor, do you confirm that you have completed all of the verification in this section?	<input type="checkbox"/> YES <input type="checkbox"/> NO
INSTRUCTOR SIGNATURE	

**USE SEPARATE SHEET TO ANSWER THE FOLLOWING TWO QUESTIONS (IF NECESSARY):**

**1. Why are you recommending this student for advancement?**

2. What do you feel this student has to offer the SWKKF?

INFORMATION FOR JOUSEKI BOARD:

---

---

---

---

---

---

---

---

---

---

FOR OFFICE PURPOSE ONLY	
DATE RECEIVED	
INFORMATION AND PAYMENT RECEIVED	