



Brisbane Kung Fu

Wu Zen Dao *The Way of Martial Art Zen*



GRADING ETIQUETTE

- 1. SERIOUS** - More seriousness is required during a grading – the fun and games of the classroom are on hold. The lessons are about the process of you developing and training and improving yourself physically, mentally/psychologically, emotionally and spiritually. The Grading is about whether you can apply what you've learnt so far while under pressure and signifies both the end point of a training segment and potentially the starting point of a new training segment. Gradings are not easy to come by and you should never believe that you'll definitely pass. In the middle to high levels you will definitely have to prepare well to earn your ranks.
- 2. PREPARATION** – Leading up to the grading, you should be having your grading prerequisites marked off in class. Once this material is at a sufficient level, then you can make a grading appointment. Your grading outline will let you know what is being tested on the day so you should be well prepared. On the grading day itself, make sure your report is submitted (both electronically and hard copy if possible), and pay your grading fee. Ensure you are punctual, have all necessary equipment and have addressed any questions and concerns before you start. Show your respect by having your uniform in excellent condition. It should be at the very least washed and ironed and worn with pride.
- 3. RESPECT** – Every item you do for your grading should be executed as a demonstration (other than the fitness components), therefore salute before and after each form, set of techniques or sparring session and wait for your examiner to complete making their notes.
- 4. LEVELS** – The curriculum was painstakingly created to give you an incremental development across all fields. Therefore, you can expect that some prior material will need to be to standard, and current material will be built upon and retested in the future.
- 5. STANDARD** – The Grading can be passed with a number of results. 60%+ is a pass. You should aim for the maximum standard to challenge yourself, and so that you have some room to slide if things don't go as well as you expected. The fitness component is often under prioritised with students finding themselves fatigued quicker under pressure.
- 6. FEEDBACK** – Regardless of your result, you will receive a detailed breakdown of everything you did for your grading. Your strengths, weaknesses and mistakes will be highlighted and you'll know what area to work on up until your next grading. If successful, a grading certificate will also be issued. If unsuccessful, you will be told what is most required to improve and half of your grading fee will be refunded.

Traditionally there was no grading system as such in Chinese Martial Arts. There used to only be Masters and students. This was due to the belief that a student could not surpass the ability of the teacher (Master). Personally, I hope that my students will one day surpass my level. Historically, the main purpose of martial arts was predominantly for self-defence and protection of their homes and villages. Today however, people learn Martial Arts for a wide range of reasons, such as exercise, fitness, health, self-defence etc. Students may also learn under different Masters therefore grading becomes important in determining their level.

sifujason@brisbanekungfu.com

www.brisbanekungfu.com

ph: 0412 313 653