



BOB JONES
MARTIAL ARTS

GRADING DAY RUNNING SHEET

"Limitations you thought you had, don't exist..."

- **09:00AM** - DOORS OPEN
- **09:30AM** - BOW IN FOLLOWED BY 5TH DEGREE BLACK BELT GRADINGS
- **10:15AM** - ZEN DO KAI BLACK BELT GRADING
- **11:15AM** - ZEN DO KAI 1ST DEGREE BLACK BELT GRADING
- **11:45AM** - PRESENTATION OF BLACK BELTS AND SEMPAI OATH
- **12:30AM** - ZEN DO KAI 4TH DEGREE GRADING
- **01:30PM** - ZEN DO KAI 3RD DEGREE GRADING
- **02:30PM** - ZEN DO KAI 2ND DEGREE GRADING
- **04:00PM** - CLOSING BOW

Trestle tables will be set up along the back wall of the rear court for the display of **1st Dan essays**. **Jig Saw mats** will be set up at the back of the rear basketball court, in front of the trestle table mentioned above (close to car park).

Trestle tables and seats will be stored in the rear right corner of the rear court. These will be for grading panels and will be set up after the 5th Dan grading.

9.20am Announcement to line up for the bow in.

This is for all ranks – white belt to 8th Degree

All bow's will be done from standing position in attention stance.

All students "Brown Belt & Above", on the grading floor will be expected to perform Lull Before the Storm – If you are physically unable to do this form, please position yourself on the either end of your rank line so you do not disrupt the group. If you are able to perform the form but have an injury or limitation Soke has asked that you still perform the form to the best of your ability.

"Lining Up" procedure – 4th Dan's to take control

Soke Bob Jones will be standing in the centre circle of the rear court (furthest from the entrance)

Probationary 8th dan's and all 7th Dan's will be positioned 1 metre behind Soke Bob Jones.

6th Dan's will form the first line in front of Soke Bob Jones (4 metre back from Soke) – evenly spaced out across the full length of the grading floor.

5th Dan's will form the next line 2 meters behind the 6th Dan's - evenly spaced out across the full length of the grading floor.

4th Dan's will form two lines line 2 meters behind the 5th Dan's - evenly spaced out across the full length of the grading floor.

3rd Dan's will form two to three lines line 2 meters behind the 4th Dan's - evenly spaced out across the full length of the grading floor.

2nd Dan's will form three lines behind the 3rd Dan's - evenly spaced out across the full length of the grading floor.

1st Dan's will form three lines behind the 2nd Dan's - evenly spaced out across the full length of the grading floor.

Black Belts will form three lines behind the 2nd Dan's - evenly spaced out across the full length of the grading floor.

Brown Belts will form one or two lines behind the 2nd Dan's - evenly spaced out across the full length of the grading floor.

Coloured ranks – will form lines – spaced at the same distance as the brown belts with the lowest ranks to right of the higher ranks and to rear.

9.30am Bow in –

Soke Bob Jones will welcome us all

“Bowling Procedure”

Soke Bob Jones – “Zen Do Kai, Bow” Everyone bow’s

Kyoshi Billy Manne – “Soke Bob Jones, bow” (wait 5 seconds) “Up” all students bow

Shihan Steve Newton – “Kyoshi, bow” (wait 3 seconds) “Up” 5th dan’s and below bow

Renshi Sam Cardaci– “Shihan, bow” (wait 3 seconds) “Up” 4th Dan’s and below bow

Sensei Glenn Hall or Joe Sutera- “Renshi, bow” (wait 2 seconds) “Up” 3rd Dan’s and below bow

Dai Sempai Murray McKechnie- “Sensei bow” (wait 2 seconds) “Up” 2nd Dan’s and below bow

Sempai Simon Ward– “Dai Sempai, bow” (wait 2 seconds) “Up” 1st Dan’s and below bow

Black Belt (to be chosen) – “Sempai, Bow” (wait 2 seconds) “Up” Shodan Ho’s and below bow

Black Belt (to be chosen) – “Zennin, Bow” (wait 5 seconds) “Up” Shodan Ho’s and below bow

9.35am Soke Bob Jones –**all white Gi’s perform Lull before the Storm**

9.37am Soke Bob Jones - **all students to perform Lull Before the Storm**

9.40am Matt Ball – will announce that all students are to move in to a **“Square formation”**

“SQUARE FORMATION” – 5th Dan’s to take control

3rd Dan’s will slide the jigsaw mat’s back until they are on the first court (just over the line separating the courts). Assistants will then sit 2 meters behind this area (off the mats / back to the entrance wall)

Black Belts will sit 3 meters behind the assistants (5 meters behind the mats)

Brown belts and all coloured belts will sit behind the black belts. Brown belts attempting Shodan Ho will need to go to the practice court

7th & 6th Degrees will sit along the front edge of the square (grading panel)

5th Degree’s will sit, spaced evenly, along the right hand side (if viewed from the grading panel) of the square (backs to the stand) on the court base line.

4th Degree’s will sit, spaced evenly, along the left hand side (if viewed from the grading panel) of the square (backs to the stand) on the court base line.

3rd Degree’s will sit behind the 5th Degrees

2nd Degree’s will sit behind the 4th Degrees

9.45am – 5TH DAN GRADING – Kyoshi Steve Nedelkos chanting the grading.

7th Dan’s are required to sit at graders table.

10.10am - presentation of certificates and the turning of the belts – presented by Kyoshi Steve Nedelkos

10.15am – The seating arrangements will now be relaxed.

10.15am SHODAN HO GRADING – Kyoshi Mike Quin chanting this grading.

2nd Dan’s are required to sit at the graders table. (They will need to set these up along the centre line of the rear court)

All other students in uniform will be asked to sit around the edge of the grading floor - no formal seating position now.

10.35am Shodan Ho’s attempting Shodan will be requested to go and prepare for their grading

10.40am to the side of the main floor **Soke Bob Jones and all 7th Degrees** will be **presenting certificates of time served and any relevant awards, crosses or titles**. These will be announced over the speaker system whilst the Shodan Ho grading is being conducted.

11.10am this grading will finish and certificates will be presented. Comments to be kept to a minimum and a very short speech by Mike Quin. Belts will not be presented at this time.

11.15am – SHODAN GRADING – Kyoshi Mark Connell chanting this grading.

3rd Dan’s are required to sit at the graders table.

All other students in uniform will be asked to sit around the edge of the grading floor. No formal seating arrangement.

Students preparing for 4th Dan grading are to go to the practice court.

11.40am Two speeches will read by students over the PA system.

11.45am Certificates will be presented with limited comments – Kyoshi Mark Connell will make a short speech.

Presentations

11.47am All students will be asked to once again make the “**Square Formation**” (read above for details).

The **new Shodan ho’s and the shodan’s** will sit in the centre of the square, shodan ho’s to the front and shodan’s behind them.

Presentation of Black belt will be presented by **Kyoshi Steve Nedelkos**.

The Shodan Ho’s will then be asked to move back and the Shodan’s to come forward.

The **Sempai Oath** will then be read – this will be lead by **Kyoshi Bryson Keenan**.

Soke Bob Jones will make presentation of promotions to selected students

12.15pm – The square will be bowed out.

People preparing for 4th Dan to go to the practice court .

12.25pm – 4TH DAN GRADING – Kyoshi Matt Wickham chanting this grading

6th Dan’s will be required to take a seat at the graders table to mark the 4th dan grading.

Assistants will sit 2 meters behind the matted area (off the mats / back to the entrance wall).

All other students in uniform will be asked to sit around the edge of the grading floor. No formal seating arrangement.

People preparing for 3rd dan are to go to the practice court.

1.30pm – 3RD DAN GRADING – Kyoshi Ivan Rakitic

5th Dan’s will be asked to sit at the graders table for the 3rd dan grading.

Assistants will sit 2 meters behind the matted area (off the mats / back to the entrance wall).

All other students in uniform will be asked to sit around the edge of the grading floor. No formal seating arrangement.

People preparing for 2nd Dan are to go to the practice court.

2.30pm – 2ND Dan Grading – Shihan Peter Keogh

4th dan’s and 5th dan’s will be asked to sit at the graders table for the 2nd Dan grading.

Assistants will sit 2 meters behind the matted area (off the mats / back to the entrance wall).

2.40pm – 2nd Dan assistants will pack up jigsaw mats and take them to the rear of the hall – other people will be requested to assist with the loading of these mats on to trailers.

2nd Dan assistants will move equipment to the front of the area where the mats sat as this area may be slippery and should not be used for pad rounds or sparring.

3.00pm to 3.30pm - AEK demonstration will be running for 30 minute whilst the 2nd Degree’s are performing their pad rounds.

3.55 Grading completed – certificates handed out – short speech by Kyoshi Peter Keogh

4.00pm – **All students to “Line Up”** as start of day. **Bow out procedure as per the start of the day.**

4.20pm – **pack up and leave.**