

## **BRITISH SANKUKAI KARATE ASSOCIATION**

### **NIDAN AND SANDAN GRADINGS**

A theory paper is required for this grading and this should be sent to the Chief Instructor at least two weeks before the grading takes place. There is no set required length and the paper may be submitted in written printed or email form. The paper can be on any of the following subjects:

1. How does your work or interests outside karate affect and influence your karate training or how does your karate training affect and influence your work and interests outside karate?
2. Does the study of the history of karate have any influence on your karate training?
3. How do other martial arts that you train in (or have trained in in the past) compliment your Sankukai training?
4. How do you see your training progressing in Sankukai in future years and how do you see Sankukai and martial arts in general developing?