

Fluid Adaption Martial Arts

Grading requirements for

GODAN **5th Degree Black Belt**

‘Void’

CREATIVE, SPONTANEOUS ADAPTATION NOT MEDIATED BY THOUGHT
OR PHYSICAL SENSES.

Self Expression in the Flow of Combat

GRADING:

- **Oral Presentation** – The meaning of martial arts – then, now, future *3-5 minutes*
(Copy of presentation to be submitted two weeks prior to grading).
 - **Personal Expression** – Demonstration of your style of martial arts/preferred foundation training *5 minutes*
 - **Grading Drills:**
 1. Dynamic Flow – *5 minutes*
 2. Combative Flow – *90 seconds, merging into...*
 3. Emergent Flow – *90 seconds*
 4. Fluid Combat – 1:1 - against your training partner – *3 minutes*
 5. Fluid Combat – Group - all higher ranks – *3 seconds*
 - **Warm down** – *Personal*
 - **Meditation**
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Summary of Drills for Godan

1. Dynamic Flow

Movement is at the heart of life and adaptive living, it facilitates awareness, and it is the foundation of defence. Dynamic Flow is essentially awareness of the body in motion. Dynamic Flow is both a drill in and of itself, as well as a series of sub-drills aimed both patterning the body to increase adaptability (e.g. increasing strength, flexibility, priming movement, fitness), as well as, the ability to move in totally random and dynamic ways. While all movement can be adaptive within combat, these drills do not involve typically combative movements, e.g. punches and kicks.

As a solo drill Dynamic Flow involves the progressive sequencing of exercises that engage breath with movement intended to awaken and warm the body, affecting a relaxed balanced mind and fluid body able freely move and flow. Dynamic Flow also aims to prime adaptive reflexes and stimulate neural pathways that enhance combat or adaptive living in general.

This drill begins slowly with a focus breath and wakening the body, gradually building in the dynamic range and intensity of movement until the practitioner expresses explosive flowing power, before slowly contracting into slower movements and merging into postures of balance, control and stretching. The drill usually involves two to three minutes of movement, with an additional two minutes for static stretching. While all weapons and combative like movements can be included in this drill, the focus is on the expanding and integrated flowing relationship between the mind and body as expressed through movement.

2. Combative Flow

This is a solo drill, similar in nature to Dynamic Flow in that the drill starts with the slow random application of combative weapons in all directions, gradually building in speed and intensity, then gradually slowing and returning to a calm and restful state.

This drill for grading lasts 90 seconds with the weapons applied to targets in a non-stop fluid manner. This drill is similar to shadow sparring with a focus on pre-emptive and finishing strikes/simulated grappling with a clear weapon-target relationship (i.e clear display of techniques). Typically, practitioners favour the expression of their favoured or preferred foundation system of practice when performing this drill, hand to hand and/or weapon based systems*.

3. Emergent Flow

When the situation is in close and chaotic, therefore difficult to predict and respond adaptively to an opponent's attack, the combative approach gives way to an emergent one, in which the practitioner to adapt must move offline from attacks directed at them while simultaneously attacking, this drill develops that foundation of movement that enables adaption in this circumstance. As a flow drill, this is a solo drill and similar to those previously mentioned, gradually building in speed and intensity, before peaking and then slowing returning to a calm state.

During this drill weapons are applied intuitively, without conscious thought, often using the entire body/weapon, in shorter or move rapid applications and a sense of chaining or collapsing between one weapon to the next. Weapons are often applied simultaneously and in all directions, with a wave or flow of energy emerging and linking the entire body and all of the strikes, with each strike or offline movement generating a whipping power for the next strike. This drill may be hand to hand striking or simulated grappling or weapon systems*.

4. Fluid Combat

Fluid Combat is similar in a way to free fighting in that it involve free exchanges between combatants, however unlike free fighting which is competitive/sports fighting, Fluid Combat is primarily directed towards the goal of surviving assault. The drill involves two or more partners who actively resist each other while at the same time are cooperative in maintaining the flow of the engagement. While the range between combatants may vary, ideally the drill is performed at close range (e.g. maintaining physical contact). Typically in this drill there are no limits to the targets that can be attacked and the weapons that can be used to attack these targets, however to ensure safety the drill is practiced in a slow flowing manner by partners who are well versed in each other's capacity for adaption.

5. Fluid Combat Group

Same as for Fluid Combat (4.) only now all higher ranks (1st Degree Black Belt & above) are on the floor, everyone against everyone in a combative melee.

** Examples of weapon based systems include: blunt (e.g. stick, staff, baton, bat), edged (knife, axe, spade, spear), flexible (chain, nunchaku, weighted hose, rope) firearms (replica hand guns, rifles, and pistols), projectile based weapons (e.g. archery, javelin, and sling shot). All weapons and their intended use must be preapproved to ensure safety.*