



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="289 233 546 266">3rd Kyu Grading</p>  <p data-bbox="289 410 546 443">Purple/White Belt</p> <p data-bbox="344 483 495 516">Grading for</p>  <p data-bbox="344 553 495 586">Brown Belt</p>	<p data-bbox="569 233 1115 266">*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p data-bbox="569 306 1104 339">1) SANBON ZUKI (Jodan/Chudan/Chudan)</p> <p data-bbox="569 375 1052 407">2) Gyaku Tzuki/Mae Geri/Gyaku Tzuki</p> <p data-bbox="569 443 1062 475">3) Gyaku Tzuki/Mae Geri/Sanbon Tzuki</p> <p data-bbox="569 511 995 544">4) Age Uki/Mae Geri/Gyaku Tzuki</p> <p data-bbox="569 579 1041 612">5) Soto Uke/Enpi/Uraken/Gyaku Tzuki</p> <p data-bbox="569 647 1041 680">5) Uchi Uke/Kizami Tzuki/Gyaku Tzuki</p> <p data-bbox="569 716 1094 748">6) Shuto Uke/Kizami Mawashi Geri/Nukite</p> <p data-bbox="569 784 709 816">*Geri Waza</p> <p data-bbox="569 816 1062 849">7) YOKO GERI KEAGEI (Jodan/Chudan)</p> <p data-bbox="569 849 1062 881">8) YOKO GERI KekomI (Jodan/Chudan)</p> <p data-bbox="569 881 1062 914">9) Ren Geri - MAE GERI/MAWASHI GERI</p> <p data-bbox="569 914 1129 946">10) Ren Geri - MAE GERI/YOKO GERI KekomI</p> <p data-bbox="569 946 1041 979">11) Mawashi Geri/uraken/gyaku tzuki</p> <p data-bbox="569 979 747 1011">11) Ushiro Geri</p>	<p data-bbox="1220 233 1430 266">Tekki Shodan</p> <p data-bbox="1199 339 1440 404">performed without count</p> <p data-bbox="1199 443 1451 540">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1556 233 1745 266">Kihon Ippon</p> <p data-bbox="1587 339 1713 371">2x Jodan</p> <p data-bbox="1587 371 1713 404">2x Chudan</p> <p data-bbox="1577 410 1724 443">2x Mae Geri</p> <p data-bbox="1577 443 1724 475">2x Yoko Geri</p> <p data-bbox="1545 475 1755 508">2x Mawashi Geri</p> <p data-bbox="1535 553 1766 586">(Left & Right sides)</p>
<p data-bbox="275 1084 1335 1117">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="275 1117 1797 1182">Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with etiquette</p> <p data-bbox="275 1182 1766 1279">Students must demonstrate an upgrading of quality in stance, speed and power. Kata should be performed without mistakes and using tempo, continuation and transmission of power. Kumite should be accurate in offence and demonstrate effective defence and counter attack.</p> <p data-bbox="275 1317 1734 1382">Juniors under 12 years old will progress by Sen grades (junior grade system) which allows more time to achieve the required standard expected for each grade.</p> <p data-bbox="275 1382 1671 1479">To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and etiquette. Grading examiners will take into account how much effort students demonstrate during normal training sessions.</p>			