



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p>5th Kyu Grading</p>  <p>Green Belt</p> <p>Grading for</p>  <p>Purple Belt</p>	<p>*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p>1) Oi Zuki (Jodan and/or Chudan)</p> <p>2) CHUDAN GYAKU ZUKI</p> <p>3) Age Uke/Gyaku Tzuki/Gedan Bari</p> <p>4) Soto Uke/Enpi (kiba dachi)/Uraken</p> <p>5) Uchi Uke/Kizami Tzuki/Gyaku Tzuki (Kokutsu dachi/Zenkutsu dachi)</p> <p>6) Shuto Uke/Nukite</p> <p>*ZENKUTSU DACHI GAMAE</p> <p>7) MAE GERI/OI TZUKI (JODAN/CHUDAN)</p> <p>8) MAE GERI/GYAKU TZUKI (JODAN/CHUDAN)</p> <p>9) MAWASHI GERI</p> <p>*KIBA-DACHI</p> <p>10) YOKO GERI KEAGEI</p> <p>11) YOKO GERI KEKOMI</p>	<p>HEIAN YONDAN</p> <p>performed without count</p> <p>Plus any Kata from previous gradings if asked</p>	<p>Kihon Ippon</p> <p>2x Jodan 2x Chudan</p> <p>1x Mae Geri 1x Yoko Geri</p> <p>(Left Side only)</p>
<p>Kihon techniques must be delivered with good spirit, proper timing, focus and kime Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with etiquette 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>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. 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>			