



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="348 201 573 232">6th Kyu Grading</p>  <p data-bbox="386 362 541 386">Yellow Belt</p> <p data-bbox="390 427 529 451">Grading for</p>  <p data-bbox="386 492 537 516">Green Belt</p>	<p data-bbox="596 204 1098 232">*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p data-bbox="596 264 993 292">1) Oi Zuki (Jodan and/or Chudan)</p> <p data-bbox="596 329 877 357">2) CHUDAN GYAKU ZUKI</p> <p data-bbox="596 394 884 422">3) Age Uke/Gyaku Tzuki</p> <p data-bbox="596 459 940 487">4) Soto Uke/Enpi (kiba dachi)</p> <p data-bbox="596 524 1031 552">5) Uchi Uke/Kizami Tzuki/Gyaku Tzuki</p> <p data-bbox="596 589 831 617">6) Shuto Uke/Nukite</p> <p data-bbox="596 646 898 673">*ZENKUTSU DACHI GAMAE</p> <p data-bbox="596 703 1024 730">7) MAE GERI/OI TZUKI (JODAN/CHUDAN)</p> <p data-bbox="596 735 1079 763">8) MAE GERI/GYAKU TZUKI (JODAN/CHUDAN)</p> <p data-bbox="596 833 747 860">*KIBA-DACHI</p> <p data-bbox="596 889 863 917">13) YOKO GERI KEAGEI</p> <p data-bbox="596 922 869 950">14) YOKO GERI KEKOMI</p>	<p data-bbox="1205 204 1373 232">Heian Sandan</p> <p data-bbox="1178 297 1398 354">performed without count</p> <p data-bbox="1178 394 1409 483">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1472 204 1717 232">San Bon Kumite No 1</p> <p data-bbox="1472 264 1724 292">San Bon Kumite No 2</p> <p data-bbox="1503 362 1692 389">Left & Right side</p> <p data-bbox="1524 459 1671 548">Kihon Ippon 2x Jodan 2x Chudan</p> <p data-bbox="1514 589 1675 617">(Left side only)</p>
<p data-bbox="331 1036 1304 1063">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="331 1068 1724 1125">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="331 1130 1692 1219">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="331 1279 1671 1336">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="331 1341 1608 1430">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>			