


Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p><b>10<sup>th</sup> Kyu</b> <b>White Belt</b> (Beginner)</p> <p><b>Grading for</b></p> <p><b>9<sup>th</sup> Kyu</b> <b>Red Belt</b></p>  <p>or</p> <p><b>Red/Black Stripe</b> <b>(9<sup>th</sup> Sen - Juniors)</b></p>	<p><b>1) Step forward GEDAN-BARI (4 or 6 times)</b> mawatte (turn)</p> <p><b>2) Step forward CHUDAN OI-ZUKI (Jodan or Chudan)</b> (no turn)</p> <p><b>3) Stepping back AGE-UKE</b> (no turn)</p> <p><b>4) Stepping forward SOTO-UKE</b> Shift to Shuto-Uke in Kokutsu-Dachi</p> <p><b>5) Step back SHUTO-UKE (Kokutsu-Dachi)</b> Shift to Gedan-Bari in Zenkutsu-Dachi</p> <p><b>6) Step forward UCHI-UKE</b> mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p><b>7) Step forward MAE-GERI (Chudan)</b> mawatte (turn)</p> <p><b>8) Step forward MAE-GERI (Jodan)</b> mawatte (turn). Shift into Kiba-Dachi</p> <p><b>9) Stepping forward YOKO-GERI KEAGE</b> (mawatte - return same)</p> <p><b>10) Stepping forward YOKO-GERI KEKOMI</b> (mawatte - return same)</p>	<p><b>TAIKYOKU SHODAN</b> (Kihon Kata)</p> <p><b>Juniors</b> (performed to count)</p> <p><b>Adults</b> (performed without count)</p>	<p><b>GOHAN KUMITE</b></p> <p><b>JODAN</b> (Oi-Zuki Attack/Age-Uke Defence)</p> <p><b>CHUDAN</b> (Oi-Zuki Attack/Soto-Uke Defence)</p> <p><b>Juniors</b> (performed to count)</p> <p><b>Adults</b> (performed without count)</p>

delivered with good spirit, proper timing, focus and kime

ood spirit with good correct timing and kime. Kata begins and ends with etiquette

grade system) to allow more time to achieve the required standard expected for each grade.

To achieve a "double grade" award, students must make no mistakes during the grading, having also demonstrated good spirit and etiquette and have maintained an excellent record of attendance (minimum two Training Sessions/week). Grading examiners will take into account how much effort students demonstrate during normal training sessions.