



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="374 162 484 199">5th Kyu</p> <p data-bbox="346 205 512 242">Purple Belt</p>  <p data-bbox="359 347 499 384">Grading for</p> <p data-bbox="374 421 484 458">4th Kyu</p> <p data-bbox="294 463 565 500">Purple/White Belt</p> 	<p data-bbox="627 162 1453 242">1) (from Gedan-Bari) Step forward OI-ZUKI CHUDAN (4 or 6 times) mawatte (turn)</p> <p data-bbox="627 279 1364 358">2) (Gyaku-Zuki ready) Step forward GYAKU-ZUKI CHUDAN mawatte (turn)</p> <p data-bbox="627 376 1187 456">3) Step forward GEDNA-BARI / GYAKU-ZUKI (no turn)</p> <p data-bbox="627 506 1283 585">4) Step back AGE-UKE / MAE-GERI (with the rear leg) (no turn)</p> <p data-bbox="627 604 1510 683">5) Step forward SOTO-UKE / ENPI (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="627 702 1570 781">6) Step back SHUTO-UKE / NUKITE (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="627 800 1205 879">7) Step forward UCHI-UKE / GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="627 898 1312 977">8) Step forward MAE-GERI (Chudan) / Oi-Zuki (Chudan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="627 996 1429 1051">9) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="627 1069 1460 1149">10) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="627 1167 1046 1247">11) Step forward MAWASHI-GERI mawatte (turn)</p> <p data-bbox="627 1247 851 1326">12) USHIRO-GERI mawatte (turn)</p> <p data-bbox="627 1345 1109 1400">13) Step forward SHUTO-UCHI (Jodan)</p>	<p data-bbox="1611 162 1814 199">Heian Godan</p> <p data-bbox="1598 279 1820 358">performed without count</p> <p data-bbox="1591 376 1833 506">Plus any Kata from previous gradings if asked</p>	<p data-bbox="2033 162 2231 199">Kihon Ippon</p> <p data-bbox="2015 205 2249 242">(Left & Right Sides)</p> <p data-bbox="2075 279 2189 306">1x Jodan</p> <p data-bbox="2064 312 2200 340">1x Chudan</p> <p data-bbox="2057 345 2208 373">1x Mae Geri</p> <p data-bbox="2051 378 2213 406">1x Yoko Geri</p> <p data-bbox="2031 412 2234 458">1x Mawashi Geri</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.
 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.