



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="322 157 493 236">7th Kyu Yellow Belt</p>  <p data-bbox="309 342 491 378">Grading for</p> <p data-bbox="322 426 493 505">6th Kyu Green Belt</p>  <p data-bbox="262 611 549 689">Green/Black Stripe (6th Sen - Juniors)</p>	<p data-bbox="582 204 1418 270">1) (from Gedan-Bari) Step forward OI-ZUKI CHUDAN (4 or 6 times) mawatte (turn)</p> <p data-bbox="582 306 1320 372">2) (Gyaku-Zuki ready) Step forward GYAKU-ZUKI CHUDAN mawatte (turn)</p> <p data-bbox="582 426 1144 492">3) Step forward GEDNA-BARI / GYAKU-ZUKI (no turn)</p> <p data-bbox="582 546 1060 612">4) Step back AGE-UKE / GYAKU-ZUKI (no turn)</p> <p data-bbox="582 648 1118 732">5) Step forward SOTO-UKE / GYAKU-ZUKI Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="582 768 1118 835">6) Step back SHUTO-UKE (Kokutsu-Dachi) (no turn) Shift into Zenkutsu-Dachi</p> <p data-bbox="582 870 1166 937">7) Step forward UCHI-UKE /GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="582 973 1038 1039">8) Step forward MAE-GERI (Chudan) mawatte (turn)</p> <p data-bbox="582 1075 1018 1141">9) Step forward MAE-GERI (Jodan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="582 1177 1406 1200">10) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="582 1236 1418 1302">11) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="582 1338 1330 1361">12) Step forward MAWASHI-GERI (Chudan out/ Jodan return)</p>	<p data-bbox="1547 204 1748 227">HEIAN SANDAN</p> <p data-bbox="1496 306 1799 372">Juniors/Adults (performed without count)</p> <p data-bbox="1532 476 1764 560">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1950 204 2152 227">GOHAN KUMITE</p> <p data-bbox="1900 270 2202 336">JODAN (Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1900 342 2202 408">CHUDAN (Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1874 426 2227 492">MAE-GERI (Mae-Geri Attack/Gedan-Bari Defence)</p> <p data-bbox="1900 575 2202 641">Juniors/Adults (performed without count)</p>
<p data-bbox="229 1399 1204 1422">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="229 1430 1791 1453">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="229 1460 1343 1483">Students must demonstrate an upgrading of quality in stance, speed and power of techniques.</p> <p data-bbox="229 1490 2036 1514">Juniors under 8 years old will progress by Sen grades (junior grade system) to allow more time to achieve the required standard expected for each grade.</p> <p data-bbox="229 1521 2182 1614">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.</p>			