



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 1116 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 1213">10) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="582 1249 1418 1315">11) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="582 1351 1330 1387">12) Step forward MAWASHI-GERI (Chudan out/ Jodan return)</p>	<p data-bbox="1547 204 1748 240">HEIAN SANDAN</p> <p data-bbox="1496 306 1799 378">Juniors/Adults (performed without count)</p> <p data-bbox="1532 476 1764 566">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1942 204 2157 240">GOHAN KUMITE</p> <p data-bbox="1892 275 2215 338">JODAN (Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1892 347 2220 410">CHUDAN (Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1867 437 2242 499">MAE-GERI (Mae-Geri Attack/Gedan-Bari Defence)</p> <p data-bbox="1900 580 2207 643">Juniors/Adults (performed without count)</p>
<p data-bbox="229 1394 1207 1422">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="229 1426 1791 1455">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 1458 1343 1487">Students must demonstrate an upgrading of quality in stance, speed and power of techniques.</p> <p data-bbox="229 1490 2038 1519">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 1523 2184 1618">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>			