



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="327 178 438 213">8th Kyu</p> <p data-bbox="290 222 475 256">Orange Belt</p>  <p data-bbox="290 374 475 409">Grading for</p> <p data-bbox="327 453 438 487">7th Kyu</p> <p data-bbox="290 496 475 531">Yellow Belt</p>  <p data-bbox="364 652 401 678">or</p> <p data-bbox="236 687 529 765">Yellow/Black Stripe (8th Sen - Juniors)</p>	<p data-bbox="561 227 1160 296">1) Step forward GEDAN-BARI (4 or 6 times) mawatte (turn)</p> <p data-bbox="561 340 1296 409">2) Step forward CHUDAN OI-ZUKI (Jodan or Chudan) (no turn)</p> <p data-bbox="561 453 938 531">3) Stepping back AGE-UKE (no turn)</p> <p data-bbox="561 574 1029 644">4) Stepping forward SOTO-UKE Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="561 687 1153 765">5) Step back SHUTO-UKE (Kokutsu-Dachi) Shift to Gedan-Bari in Zenkutsu-Dachi</p> <p data-bbox="561 808 1197 878">6) Step forward UCHI-UKE mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 921 1061 991">7) Step forward MAE-GERI (Chudan) mawatte (turn)</p> <p data-bbox="561 1034 1037 1104">8) Step forward MAE-GERI (Jodan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="561 1147 1443 1182">9) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="561 1225 1473 1260">10) Stepping forward YOKO-GERI KEKOMI (mawatte - return same)</p>	<p data-bbox="1542 227 1714 253">HEIAN NIDAN</p> <p data-bbox="1480 340 1776 409">Juniors/Adults (performed without count)</p> <p data-bbox="1517 505 1739 609">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1924 227 2133 253">GOHAN KUMITE</p> <p data-bbox="1985 305 2072 331">JODAN (Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1838 383 2207 444">CHUDAN (Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1875 539 2183 609">Juniors/Adults (performed without count)</p>
<p data-bbox="209 1295 1185 1321">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="209 1329 1764 1355">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="209 1364 1320 1390">Students must demonstrate an upgrading of quality in stance, speed and power of techniques.</p> <p data-bbox="209 1399 2010 1425">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="209 1433 2158 1512">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>			