



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="355 166 473 193">9th Kyu</p> <p data-bbox="355 207 481 234">Red Belt</p>  <p data-bbox="322 347 498 374">Grading for</p> <p data-bbox="355 426 473 453">8th Kyu</p> <p data-bbox="322 467 506 494">Orange Belt</p>  <p data-bbox="398 611 423 628">or</p> <p data-bbox="262 641 569 668">Orange/Black Stripe</p> <p data-bbox="279 682 551 709">(8th Sen - Juniors)</p>	<p data-bbox="594 211 1136 274">1) Step forward GEDAN-BARI (4 or 6 times) mawatte (turn)</p> <p data-bbox="594 311 1262 374">2) Step forward CHUDAN OI-ZUKI (Jodan or Chudan) (no turn)</p> <p data-bbox="594 431 934 494">3) Stepping back AGE-UKE (no turn)</p> <p data-bbox="594 539 1023 602">4) Stepping forward SOTO-UKE Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="594 646 1128 709">5) Step back SHUTO-UKE (Kokutsu-Dachi) Shift to Gedan-Bari in Zenkutsu-Dachi</p> <p data-bbox="594 754 1174 817">6) Step forward UCHI-UKE mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="594 861 1048 924">7) Step forward MAE-GERI (Chudan) mawatte (turn)</p> <p data-bbox="594 951 1023 1014">8) Step forward MAE-GERI (Jodan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="594 1059 1401 1085">9) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="594 1121 1426 1148">10) Stepping forward YOKO-GERI KEKOMI (mawatte - return same)</p>	<p data-bbox="1557 211 1758 238">HEIAN SHODAN</p> <p data-bbox="1506 311 1809 374">Juniors/Adults (performed without count)</p>	<p data-bbox="1947 211 2149 238">GOHAN KUMITE</p> <p data-bbox="1998 275 2099 302">JODAN (Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1985 347 2111 374">CHUDAN (Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1897 503 2199 566">Juniors/Adults (performed without count)</p>
<p data-bbox="241 1188 1217 1214">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="241 1220 1799 1247">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="241 1252 1350 1279">Students must demonstrate an upgrading of quality in stance, speed and power of techniques.</p> <p data-bbox="241 1284 2048 1311">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="241 1317 2194 1412">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>			