

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="355 166 473 193"><b>9th Kyu</b></p> <p data-bbox="355 207 481 234"><b>Red Belt</b></p>  <p data-bbox="322 347 498 374"><b>Grading for</b></p> <p data-bbox="355 426 473 453"><b>8<sup>th</sup> Kyu</b></p> <p data-bbox="322 467 506 494"><b>Orange Belt</b></p>  <p data-bbox="398 611 423 628">or</p> <p data-bbox="262 641 567 722"><b>Orange/Black Stripe (8<sup>th</sup> Sen - Juniors)</b></p>	<p data-bbox="594 211 1136 274"><b>1) Step forward GEDAN-BARI (4 or 6 times)</b> mawatte (turn)</p> <p data-bbox="594 315 1262 378"><b>2) Step forward CHUDAN OI-ZUKI (Jodan or Chudan)</b> (no turn)</p> <p data-bbox="594 435 934 498"><b>3) Stepping back AGE-UKE</b> (no turn)</p> <p data-bbox="594 539 1023 602"><b>4) Stepping forward SOTO-UKE</b> Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="594 643 1128 723"><b>5) Step back SHUTO-UKE (Kokutsu-Dachi)</b> Shift to Gedan-Bari in Zenkutsu-Dachi</p> <p data-bbox="594 765 1174 827"><b>6) Step forward UCHI-UKE</b> mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="594 869 1048 931"><b>7) Step forward MAE-GERI (Chudan)</b> mawatte (turn)</p> <p data-bbox="594 973 1023 1035"><b>8) Step forward MAE-GERI (Jodan)</b> mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="594 1076 1401 1103"><b>9) Stepping forward YOKO-GERI KEAGE</b> (mawatte - return same)</p> <p data-bbox="594 1145 1426 1171"><b>10) Stepping forward YOKO-GERI KEKOMI</b> (mawatte - return same)</p>	<p data-bbox="1557 211 1758 238"><b>HEIAN SHODAN</b></p> <p data-bbox="1506 315 1809 378"><b>Juniors/Adults</b> (performed without count)</p>	<p data-bbox="1947 211 2149 238"><b>GOHAN KUMITE</b></p> <p data-bbox="1998 279 2099 306"><b>JODAN</b> (Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1985 347 2111 374"><b>CHUDAN</b> (Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1897 507 2199 569"><b>Juniors/Adults</b> (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>			