

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="258 178 529 256">4th Kyu Purple/White Belt</p>  <p data-bbox="322 361 463 387">Grading for</p> <p data-bbox="308 430 482 508">3rd Kyu Brown Belt</p> 	<p data-bbox="576 178 1259 256">1) (from Gedan-Bari) Step SANBON-ZUKI (4 or 6 times) mawatte (turn)</p> <p data-bbox="576 291 1234 352">2) Step back AGE-UKE / MAE-GERI (with the rear leg) (no turn)</p> <p data-bbox="576 387 1461 456">3) Step forward SOTO-UKE / ENPI (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="576 508 1522 569">4) Step back SHUTO-UKE / NUKITE (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="576 604 1153 664">5) Step forward UCHI-UKE / GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="576 699 1406 760">6) Step forward MAE-GERI (Chudan) / MAE-GERI (Jodan) (Ren-geri) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="576 795 1382 829">7) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="576 864 1394 925">8) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="576 960 1160 1020">9) Step forward MAWASHI-GERI/GYAKU-ZUKI mawatte (turn)</p> <p data-bbox="576 1055 803 1116">10) USHIRO-GERI mawatte (turn)</p> <p data-bbox="576 1150 1061 1211">11) Step forward SHUTO-UCHI (Jodan) mawatte (turn)</p> <p data-bbox="576 1246 1165 1281">12) Step forward YOKO URAKEN-UCHI (Jodan)</p>	<p data-bbox="1621 178 1833 213">Tekki Shodan</p> <p data-bbox="1621 291 1833 352">performed without count</p> <p data-bbox="1621 387 1845 499">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1966 178 2178 256">Kihon Ippon (Left & Right Sides)</p> <p data-bbox="1990 291 2146 421">1x Jodan 1x Chudan 1x Mae Geri 1x Yoko Geri</p> <p data-bbox="1966 439 2163 465">1x Mawashi Geri</p> <p data-bbox="1941 508 2188 604">A variety of counter techniques should be demonstrated</p>

Kihon techniques must be delivered with good spirit, proper timing, focus and kime
Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with etiquette
Students must demonstrate an upgrading of quality in stance, speed and power. Kata should be performed without mistakes and using tempo, continuation and transmission of power.
Kumite should be accurate in offence and demonstrate effective defence and counter attack.
Juniors under 12 years old will progress by Sen grades (junior grade system) which allows more time to achieve the required standard expected for each grade.
To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and etiquette.
Grading examiners will take into account how much effort students demonstrate during normal training sessions.