

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="374 162 484 195">5th Kyu</p> <p data-bbox="346 205 512 238">Purple Belt</p>  <p data-bbox="359 347 499 380">Grading for</p> <p data-bbox="374 421 484 454">4th Kyu</p> <p data-bbox="296 463 562 497">Purple/White Belt</p> 	<p data-bbox="627 162 1453 195">1) (from Gedan-Bari) Step forward OI-ZUKI CHUDAN (4 or 6 times) mawatte (turn)</p> <p data-bbox="627 279 1364 312">2) (Gyaku-Zuki ready) Step forward GYAKU-ZUKI CHUDAN mawatte (turn)</p> <p data-bbox="627 380 1187 413">3) Step forward GEDNA-BARI / GYAKU-ZUKI (no turn)</p> <p data-bbox="627 506 1283 539">4) Step back AGE-UKE / MAE-GERI (with the rear leg) (no turn)</p> <p data-bbox="627 607 1507 641">5) Step forward SOTO-UKE / ENPI (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="627 709 1570 742">6) Step back SHUTO-UKE / NUKITE (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="627 811 1205 844">7) Step forward UCHI-UKE / GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="627 912 1312 946">8) Step forward MAE-GERI (Chudan) / Oi-Zuki (Chudan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="627 1014 1429 1047">9) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="627 1079 1460 1112">10) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="627 1180 1044 1214">11) Step forward MAWASHI-GERI mawatte (turn)</p> <p data-bbox="627 1245 848 1278">12) USHIRO-GERI mawatte (turn)</p> <p data-bbox="627 1347 1109 1380">13) Step forward SHUTO-UCHI (Jodan)</p>	<p data-bbox="1611 162 1812 195">Heian Godan</p> <p data-bbox="1598 279 1820 343">performed without count</p> <p data-bbox="1598 380 1833 500">Plus any Kata from previous gradings if asked</p>	<p data-bbox="2038 162 2229 195">Kihon Ippon</p> <p data-bbox="2015 205 2252 238">(Left & Right Sides)</p> <p data-bbox="2077 279 2189 312">1x Jodan</p> <p data-bbox="2064 316 2202 349">1x Chudan</p> <p data-bbox="2059 352 2208 386">1x Mae Geri</p> <p data-bbox="2054 389 2213 423">1x Yoko Geri</p> <p data-bbox="2033 426 2234 460">1x Mawashi Geri</p>
<p data-bbox="244 1415 1218 1448">Kihon techniques must be delivered with good spirit, proper timing, focus and kime</p> <p data-bbox="244 1452 1799 1485">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="244 1489 1916 1541">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.</p> <p data-bbox="244 1544 1338 1578">Kumite should be accurate in offence and demonstrate effective defence and counter attack.</p> <p data-bbox="244 1581 2124 1615">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.</p> <p data-bbox="244 1618 1986 1652">To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and etiquette.</p> <p data-bbox="244 1655 1565 1689">Grading examiners will take into account how much effort students demonstrate during normal training sessions.</p>			