

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="283 164 455 234">6th Kyu Green Belt</p>  <p data-bbox="283 338 455 373">Grading for</p> <p data-bbox="283 407 455 494">5th Kyu Purple Belt</p> 	<p data-bbox="561 199 1392 269">1) (from Gedan-Bari) Step forward OI-ZUKI CHUDAN (4 or 6 times) mawatte (turn)</p> <p data-bbox="561 303 1305 373">2) (Gyaku-Zuki ready) Step forward GYAKU-ZUKI CHUDAN mawatte (turn)</p> <p data-bbox="561 407 1121 494">3) Step forward GEDNA-BARI / GYAKU-ZUKI (no turn)</p> <p data-bbox="561 520 1219 590">4) Step back AGE-UKE / MAE-GERI (with the rear leg) (no turn)</p> <p data-bbox="561 616 1441 685">5) Step forward SOTO-UKE / ENPI (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="561 711 1503 781">6) Step back SHUTO-UKE / NUKITE (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="561 807 1145 876">7) Step forward UCHI-UKE / GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 902 1022 972">8) Step forward MAE-GERI (Chudan) mawatte (turn)</p> <p data-bbox="561 998 1244 1067">9) Step forward MAE-GERI (Chudan) / Oi-Zuki (Chudan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="561 1093 1379 1145">10) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="561 1171 1392 1241">11) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 1267 1305 1310">12) Step forward MAWASHI-GERI (Chudan out/Jodan return)</p>	<p data-bbox="1515 199 1761 234">HEIAN YONDAN</p> <p data-bbox="1527 303 1749 373">performed without count</p> <p data-bbox="1515 451 1761 555">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1897 199 2217 234">Kihon Ippon Kumite</p> <p data-bbox="2008 269 2106 303">JODAN Oi-Zuki Attack Age-Uke Gyaku-Zuki Defence</p> <p data-bbox="1995 407 2119 442">CHUDAN Oi-Zuki Attack Soto-Uke Gyaku-Zuki Defence</p> <p data-bbox="1983 555 2131 590">MAE-GERI Mae-Geri Attack Gedan-Bari Gyaku Zuki Defence</p>

Khion 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 of techniques.

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.

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.