



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="327 178 438 213">8th Kyu</p> <p data-bbox="290 222 475 256">Orange Belt</p>  <p data-bbox="290 374 475 409">Grading for</p> <p data-bbox="327 453 438 487">7th Kyu</p> <p data-bbox="290 496 475 531">Yellow Belt</p>  <p data-bbox="372 652 396 678">or</p> <p data-bbox="236 687 532 765">Yellow/Black Stripe (8th Sen - Juniors)</p>	<p data-bbox="561 222 1160 291">1) Step forward GEDAN-BARI (4 or 6 times) mawatte (turn)</p> <p data-bbox="561 335 1296 404">2) Step forward CHUDAN OI-ZUKI (Jodan or Chudan) (no turn)</p> <p data-bbox="561 453 938 522">3) Stepping back AGE-UKE (no turn)</p> <p data-bbox="561 574 1029 644">4) Stepping forward SOTO-UKE Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="561 687 1153 756">5) Step back SHUTO-UKE (Kokutsu-Dachi) Shift to Gedan-Bari in Zenkutsu-Dachi</p> <p data-bbox="561 808 1197 878">6) Step forward UCHI-UKE mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 921 1061 991">7) Step forward MAE-GERI (Chudan) mawatte (turn)</p> <p data-bbox="561 1034 1037 1104">8) Step forward MAE-GERI (Jodan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="561 1147 1443 1182">9) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="561 1216 1473 1251">10) Stepping forward YOKO-GERI KEKOMI (mawatte - return same)</p>	<p data-bbox="1542 222 1714 256">HEIAN NIDAN</p> <p data-bbox="1480 340 1776 409">Juniors/Adults (performed without count)</p> <p data-bbox="1517 505 1739 609">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1912 222 2133 256">GOHAN KUMITE</p> <p data-bbox="1973 305 2072 331">JODAN</p> <p data-bbox="1862 340 2195 366">(Oi-Zuki Attack/Age-Uke Defence)</p> <p data-bbox="1961 374 2084 401">CHUDAN</p> <p data-bbox="1838 409 2207 435">(Oi-Zuki Attack/Soto-Uke Defence)</p> <p data-bbox="1936 531 2121 557">Juniors/Adults</p> <p data-bbox="1875 565 2183 600">(performed without count)</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 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.