


Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="323 233 567 266">4th Kyu Grading</p>  <p data-bbox="365 402 525 435">Purple Belt</p> <p data-bbox="369 470 520 500">Grading for</p>  <p data-bbox="319 542 571 574">Purple/White Belt</p>	<p data-bbox="583 233 1113 266">*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p data-bbox="583 302 1108 334">1) SANBON ZUKI (Jodan/Chudan/Chudan)</p> <p data-bbox="583 370 1016 402">2) MAE GERI/OI TZUKI/GYAKU TZUKI</p> <p data-bbox="583 438 1054 470">3) Gyaku Tzuki/Mae Geri/Gyaku Tzuki</p> <p data-bbox="583 506 1037 539">4) Age Uke/Gyaku Tzuki/Gedan Bari</p> <p data-bbox="583 574 890 607">5) Soto Uke/Enpi/Uraken</p> <p data-bbox="583 643 1045 675">6) Uchi Uke/Kizami Tzuki/Gyaku Tzuki</p> <p data-bbox="583 711 1045 743">7) Shuto Uke/Kizami Mae Geri/Nukite</p> <p data-bbox="583 779 726 808">*Geri Waza</p> <p data-bbox="583 812 1066 844">8) YOKO GERI KEAGEI (Jodan/Chudan)</p> <p data-bbox="583 847 1075 880">9) YOKO GERI KEKOMI (Jodan/Chudan)</p> <p data-bbox="583 883 1075 915">10) Ren Geri - MAE GERI/MAWASHI GERI</p> <p data-bbox="583 919 987 951">11) MAWASHI GERI/GYAKU TZUKI</p>	<p data-bbox="1213 233 1411 266">Heian Godan</p> <p data-bbox="1192 334 1432 399">performed without count</p> <p data-bbox="1192 438 1432 535">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1533 233 1713 266">Kihon Ippon</p> <p data-bbox="1533 334 1722 500">2x Jodan 2x Chudan 2x Mae Geri 1x Yoko Geri 1x Mawashi Geri</p> <p data-bbox="1533 574 1713 607">(Left Side only)</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.