

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p>9th Kyu Grading</p> <p>White Belt</p> <p>Grading for</p> <p>Red Belt</p> 	<p>IN SHIZENTAI (natural stance)</p> <p>1) CHOKO ZUKI</p> <p>*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p>2) CHUDAN OI ZUKI (JUN ZUKI)</p> <p>3) CHUDAN GYAKU ZUKI</p> <p>4) CHUDAN SOTO UKE</p> <p>5) JODAN AGE UKE</p> <p>6) SOTO UKE</p> <p>7) UCHI UKE</p> <p>8) SHUTO UKE</p> <p>*ZENKUTZU DACHI GAMAE</p> <p>9) MAE GERI (CHUDAN/JODAN)</p> <p>*KIBA-DACHI</p> <p>10) YOKO GERI KEAGE</p>	<p>TAIKYOKU SHODAN (performed to count)</p>	<p>GOHAN KUMITE (JODAN) (performed to 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

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.