



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="340 178 445 213">4th Kyu</p> <p data-bbox="261 222 527 256">Purple/White Belt</p>  <p data-bbox="322 361 463 395">Grading for</p> <p data-bbox="340 430 445 465">3rd Kyu</p> <p data-bbox="310 473 480 508">Brown Belt</p> 	<p data-bbox="581 178 1259 213">1) (from Gedan-Bari) Step SANBON-ZUKI (4 or 6 times) mawatte (turn)</p> <p data-bbox="581 296 1234 357">2) Step back AGE-UKE / MAE-GERI (with the rear leg) (no turn)</p> <p data-bbox="581 392 1456 461">3) Step forward SOTO-UKE / ENPI (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="581 513 1517 574">4) Step back SHUTO-UKE / NUKITE (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="581 609 1153 670">5) Step forward UCHI-UKE / GYAKU-ZUKI mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="581 704 1406 765">6) Step forward MAE-GERI (Chudan) / MAE-GERI (Jodan) (Ren-geri) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="581 800 1382 835">7) Stepping forward YOKO-GERI KEAGE (mawatte - return same)</p> <p data-bbox="581 869 1394 930">8) Stepping forward YOKO-GERI KEKOMI (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="581 965 1153 1025">9) Step forward MAWASHI-GERI/GYAKU-ZUKI mawatte (turn)</p> <p data-bbox="581 1060 803 1121">10) USHIRO-GERI mawatte (turn)</p> <p data-bbox="581 1156 1061 1216">11) Step forward SHUTO-UCHI (Jodan) mawatte (turn)</p> <p data-bbox="581 1251 1160 1286">12) Step forward YOKO URAKEN-UCHI (Jodan)</p>	<p data-bbox="1616 178 1838 213">Tekki Shodan</p> <p data-bbox="1616 296 1838 357">performed without count</p> <p data-bbox="1616 392 1850 505">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1961 178 2158 213">Kihon Ippon</p> <p data-bbox="1936 227 2183 262">(Left & Right Sides)</p> <p data-bbox="1985 296 2133 418">1x Jodan 1x Chudan 1x Mae Geri 1x Yoko Geri</p> <p data-bbox="1961 435 2158 470">1x Mawashi Geri</p> <p data-bbox="1936 513 2183 609">A variety of counter techniques should be demonstrated</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.