



Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p data-bbox="283 164 455 234"><b>6<sup>th</sup> Kyu Green Belt</b></p>  <p data-bbox="283 338 455 373">Grading for</p> <p data-bbox="283 407 455 494"><b>5<sup>th</sup> Kyu Purple Belt</b></p> 	<p data-bbox="561 199 1392 269"><b>1) (from Gedan-Bari) Step forward OI-ZUKI CHUDAN</b> (4 or 6 times) mawatte (turn)</p> <p data-bbox="561 303 1293 373"><b>2) (Gyaku-Zuki ready) Step forward GYAKU-ZUKI CHUDAN</b> mawatte (turn)</p> <p data-bbox="561 407 1121 494"><b>3) Step forward GEDNA-BARI / GYAKU-ZUKI</b> (no turn)</p> <p data-bbox="561 529 1219 598"><b>4) Step back AGE-UKE / MAE-GERI</b> (with the rear leg) (no turn)</p> <p data-bbox="561 633 1441 703"><b>5) Step forward SOTO-UKE / ENPI</b> (shifting from Zenkutsu to Kiba-Dachi) Shift to Shuto-Uke in Kokutsu-Dachi</p> <p data-bbox="561 737 1503 807"><b>6) Step back SHUTO-UKE / NUKITE</b> (shifting from Kokutsu to Zenkutsu-Dachi) (no turn) Stay in Zenkutsu-Dachi</p> <p data-bbox="561 841 1145 911"><b>7) Step forward UCHI-UKE / GYAKU-ZUKI</b> mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 946 1022 1015"><b>8) Step forward MAE-GERI</b> (Chudan) mawatte (turn)</p> <p data-bbox="561 1050 1244 1119"><b>9) Step forward MAE-GERI</b> (Chudan) / <b>Oi-Zuki</b> (Chudan) mawatte (turn). Shift into Kiba-Dachi</p> <p data-bbox="561 1154 1379 1223"><b>10) Stepping forward YOKO-GERI KEAGE</b> (mawatte - return same)</p> <p data-bbox="561 1258 1392 1328"><b>11) Stepping forward YOKO-GERI KEKOMI</b> (mawatte - return same) mawatte (turn). Shift into Zenkutsu-Dachi Gamae</p> <p data-bbox="561 1362 1293 1432"><b>12) Step forward MAWASHI-GERI</b> (Chudan out/Jodan return)</p>	<p data-bbox="1515 199 1761 234"><b>HEIAN YONDAN</b></p> <p data-bbox="1527 303 1749 373">performed without count</p> <p data-bbox="1515 460 1761 564">Plus any Kata from previous gradings if asked</p>	<p data-bbox="1909 199 2205 234"><b>Kihon Ippon Kumite</b></p> <p data-bbox="2008 269 2106 303"><b>JODAN</b> Oi-Zuki Attack Age-Uke Gyaku-Zuki Defence</p> <p data-bbox="1995 407 2119 442"><b>CHUDAN</b> Oi-Zuki Attack Soto-Uke Gyaku-Zuki Defence</p> <p data-bbox="1983 555 2131 590"><b>MAE-GERI</b> 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.