

**Congratulations you have reached Blue belt,
the minimum requirement to attempt Red belt
is 40 classes and 4 months from your last grading**

How quickly a student grades largely depends on three factors:

- The student's frequency of training.
- The student's intensity at training.
- The student's focus during training.



Having obtained your Blue belt, it's important to start setting your sights on your next grading, 4th kyu Red belt.

This does not mean that you should be in a rush to grade, develop your skills, you should start to focus on what skills and abilities are required for the next part of your journey and set an action plan in place to start developing them.

1. Posture & Stances – back straight, knee position, feet position
2. Strikes & Blocks - correct finish position, correct preparation, correct travel
3. Kicks – lift knee, moving into correct stance, foot position
4. Kata – Confident, speed (fast & slow), flow, balance, power

Questions I Ask myself Before Grading Someone to Red Belt

- Has this student continued to develop their ability in their Basic techniques?
- Has this student continued to develop their ability in Gekisai dai Ichi?
- Has this student continued to develop their ability in Gekisai Dai Ni?
- Has this student continued to develop their ability in Saifa?
- Has this student developed a moderate standard with Sanchin & Tensho?
- Does this person demonstrate the etiquette and attitudes of an advanced karate-ka?

Best regards any question please contact me



Andy Kent
founder and Chief Instructor