

GRADING REQUIREMENTS FOR 7TH KYU (Orange BELT) to 6TH KYU (Green Belt)

NOVICE GRADE

Minimum Attendance Requirements – 16 WEEKS / 40 LESSONS

This rank may only be assigned to members of good moral character who have satisfied the requirements and who have knowledge of: -

- Basic Dojo Etiquette
- Basic Dojo Terminology
- Wearing Gi and Belt
- Demonstrate Heiko Dachi (Shoulder Width Stance)
- Demonstrate Zenkutsu Dachi (Forward Leaning Stance)
- Respond to basic command

LINE DRILLS

- Demonstrate forward and reverse movement in stance
- Uke Waza (blocks -3 Techniques)
- Tsuki Waza (strikes -3 Techniques)
- Geri (kicks)

COMBINATIONS

1. Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
2. Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki

KATA

- Gekisai dai Ichi
- Gekisai dai Ni

Showing an improved understanding of the basic fundamentals and timing