

## **GRADING REQUIREMENTS For Shodan Ho to 1<sup>st</sup> Dan**

### **Minimum Attendance Requirements-1 year / 100 LESSONS**

At this level, the student should show

- maturity in their learning,
- in their training
- in their lifestyle,

they should also show high character and an awareness of responsibilities of the rank of a teacher.

Those students who show

- lack of tolerance
- loss of temper
- lack of honesty
- insensitivity
- poor self-control

will not be invited to an examination for position of Shodan.

#### **KATA**

At this level the student is expected to demonstrate all kata to a high standard showing a high degree of power, speed, balance, technique and zanchin.

- Grading Kata Sepai

#### **KUMITE**

At this level student are expected to demonstrate kata Bunkai.