

***Having reached Red belt, the***

***minimum requirement to attempt Brown belt is 40 classes and 4 months.***

- All techniques and attitude must be clearly displayed
- Form is the main point, stance, structure, techniques
- The fundamental principle of Sanchin stance should be applied at this level.
- Demonstrate with speed, focus, snap and form, individually and in combination
- Demonstrate with improved form, balance and correct foot position.

***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.

For a detailed description of these three components,

Having obtained your Red belt, it's important to start setting your sights on your next grading, 3rd Kyu Brown belt. By no means does this imply that you should be in a rush to grade, or lack patience in developing your skills, understanding and overall progress. It merely suggests that 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 these.

Its only when we are chasing something that we are happiest, most focused and on track to reach our potential.

**Questions A Senior Instructor Asks Before Grading Someone to Brown 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 continued to develop their ability in Sanchin & Tensho?
- Have they developed the key principles within Kata?
- 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