

Congratulations on achieving 8th Kyu (Yellow belt) your FIRST full grade



You will now be introduced to an important element of karate training – Kata

Kata practice is an excellent physical workout, focusing on developing endurance, strength, explosive speed, correct posture, coordination, flexibility and breathing. Kata also trains the mind, developing a student's concentration and self-discipline.



The minimum requirement to attempt Orange belt is 20 classes and 8 weeks.

How quickly a student grades largely depends on three factors:

1. The student's frequency of training, - Every week do 2 classes
2. The student's intensity at training, - train every technique hard and make it better
3. The student's focus during training, - Train and try your best every training session

Start setting your goals on your next grading, 7th Kyu Belt.

- ✓ Do not rush to grade,
- ✓ develop your skills,
- ✓ Set an action plan to start developing these.
- ✓ You should start to focus on what skills and abilities are required.
 - doing 3 of the same techniques and each technique to be a full technique
 - The student is to show improved skill, understanding and further knowledge and moral character
 - Gekisai Dai Ichi / Sanchin / Tensho

What your Chief Instructor Asks Before inviting someone to grade to Orange Belt

- ✓ Has this student continued to develop their ability in their Basic techniques?
- ✓ Has this student continued to develop in Gekisai Dai Ichi?
- ✓ Does this person demonstrate good etiquette and attitudes of a karate-ka?

Best regards any question please contact me

Andy Kent
founder and Chief Instructor