

## Congratulations on achieving 7th Kyu (Orange belt)



Orange belt means you are now well on your way in your karate journey. Now you would have developed a good grounding in your basic strikes, kicks, blocks and stances. You will now be introduced to new strikes and blocks, which are performed open handed. You will also be introduced to a number of new stances.



Now your orange belt, the minimum requirement to attempt Green 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, 6th 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 different 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 & Ni / Saifia / 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?
- ✓ Has this student continued to develop in Gekisai Dai Ni?
- ✓ Has this student continued to develop in Sanchin & Tensho?
- ✓ Does this person demonstrate good etiquette and attitudes of a karate-ka?

Best regards any question please contact me

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founder and Chief Instructor