

Congratulations on achieving 6th Kyu (Green belt)

Now improve your techniques and kata. This will help you for your next grade (5th kyu Blue belt) You will learn new kata and begin your journey towards becoming an advanced karate-ka.

To grade to Blue belt, you must improve in all previous techniques and kata, including Saifa. You must demonstrate a greater understanding and ability in the key principles.

- Key principles to grade to Blue belt are:
 - Developing a rhythm between the hard and soft in kata.
 - Solid, stances throughout kata.
 - Hand techniques and positions during the kata. This includes the flicking of the wrists, whipping of the hammer fists, twisting of the hips etc.

Saifa you should first develop the right technical pieces. No point being fast or explosive if you have poor technical habits. The best way is to practice at home. When you practice, go through the kata in super slow, this enables you to think about every part of each movement and perform it correctly. Identify poor habits and correct them.

The minimum requirement to attempt Blue belt is 20 classes and 2 months.

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, 5th 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.
 - you will do combinations to improve your kata
 - The student is to show improved skill, understanding and further knowledge and moral character
 - Gekisai Dai Ichi & Ni / Saifia / Sanchin / Tensho
 - Sanban Kumite, focusing three level

What your Chief Instructor Asks Before inviting someone to grade to Blue 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?
- 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