














Grade	Belt	Technical Requirements	Other Requirements
10th Kyu		<p>Stances: Fudo Dachi (informal Stance)</p> <p>Strikes: Jodan Tsuki (Upper Punch) Chudan Tsuki (Middle Punch) Gedan Tsuki (Lower Punch)</p> <p>Blocks: Gedan Barai (Lower Block) Jodan Uke (Upper Block)</p> <p>Kicks: Hiza Geri (Knee Kick) Kin Geri (Groin Kick)</p>	<p>Understanding of warm up exercises and stretching routines</p> <p>Understanding of the Japanese Calligraphy on our Karate Gi (suit)</p> <p>Self defence techniques against: Pushing against chest and throat, Grab of collar or shoulder</p>
9th Kyu		<p>Stances: Zenkutsu Dachi (Forward Leaning Stance)</p> <p>Strikes: Jodan Gyaku Tsuki (Upper Reverse Punch) Chudan Gyaku Tsuki (Middle Reverse Punch) Gedan Gyaky Tsuki (Lower Reverse Punch)</p> <p>Blocks: Chudan Uchi Uke (Middle Inside Block) Chuda Soto Uke (Middle Outside Block)</p>	<p>Dojo Etiquette and procedure</p> <p>How to wear and fold a Karate Gi (suit)</p> <p>Self defence techniques against: Hair Grab, Throat Grab</p>

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8th Kyu		<p>Stances: Sanchi Dachi (Diamond Stance)</p> <p>Strikes: Uraken Shomen Uchi (Backfist to Head) Uraken Yoko Uchi (Backfist to Side) Uraken Hizo Uchi (Backfist to Spleen)</p> <p>Blocks: Kaiten Uke (Round Block)</p> <p>Kicks: Mae Geri (Front Kick) Hiza Kansetsu Geri (Knee Joint Kick)</p> <p>Kata: Taikoyoko-Sono-Ichi (Body control movement 1) Taikoyoko-Sono-Ni (Body control movement 2)</p>	<p>History of Karate Do</p> <p>Self defence techniques against: Pull from front, Head lock front and rear holds</p>
7th Kyu		<p>Stances: Kokotsu Dachi (Back Leaning Stance)</p> <p>Strikes: Morote Tsuki (Double Punch) Ago Tsuki (Jaw Punch)</p> <p>Blocks: Shuto Mawashi Uke (Knifehand Roundhouse Block)</p> <p>Kicks: Yoko Geri Sokuto (Side Kick Knife Foot)</p> <p>Kata: Taikoyoko-Sono-San (Body control movement 3)</p>	<p>Yohon Kumite (Four One Steps)</p>

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6th Kyu		<p>Stances: Shiko Dachi (Sumo Stance)</p> <p>Strikes: Shita Tsuki (Inverted Punch)</p> <p>Blocks: Shotei Gedan Uke (Palm Heel Lower Block) Shotei Jodan Uke (Palm Heel Upper Block)</p> <p>Kicks: Mawashi Geri Chudan Haisoku (Roundhouse Middle Kick with Instep) Mae Kaketo Geri (Front Heel Kick)</p> <p>Kata: Pinan Ichi (Pinan 1)</p>	<p>Go-Yon-Kumite (5 Step Fighting)</p> <p>Body Tests: 20 push-ups 30 sit-ups</p>
5th Kyu		<p>Stances: Kiba Dachi (Straddle Stance)</p> <p>Strikes: Shuto Yoko Ganmen Uchi (Knifehand to Side of Head) Shuto Sokotsu Uchi (Knifehand to Collar Bone)</p> <p>Blocks: Shuto Gedan Barai (Knikehand Lower Block) Shuto Jodan Uke (Knifehand Upper Block)</p> <p>Kicks: Ushiro Geri (Back Kick)</p> <p>Kata: Pinan Ni (Pinan 2)</p>	<p>Kumite: To fight in a contest situation and show an understanding of the contest rules of the world Union of Karate Organisation</p> <p>Body Tests: 30 push-ups 50 sit-ups</p>

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4th Kyu		<p>Stances: Maroachi Dachi (One Foot Forward Stance) Kake Geri (Hook Stance)</p> <p>Strikes: Hiji Ate Jodan (Elbow Strike, Upper) Hiji Ate Chudan (Elbow Strike, Middle) Hiji Ate Age (Elbow Strike, Rising)</p> <p>Blocks: Uchi Uke/Gedan Barai (Double Block)</p> <p>Kicks: Kake Geri (Hook Kick)</p> <p>Kata: Pinan San (Pinan 3)</p>	<p>Kumite: To fight 4 fights in a pool of 5 and win one fight in order to gain full promotion</p> <p>Body Tests: Jump over a pole 10 times whilst holding it in both hands</p>
3rd Kyu		<p>Strikes: Tettsui Jodan Uchi (Hammerfist to Head) Haito Uchi Jodan (Inner Knifehand Strike Upper) Haito Uchi Chudan (Inner Knifehand Strike Middle) Haito Uchi Gedan (Inner Knifehand Strike Lower)</p> <p>Blocks: Haito Uchi Uke (Inner Knifehand Block) Jodan Shuto Uchi Uke (upper Knifehand Inside Block)</p> <p>Kicks: Tobi Mae Geri (Jumping Front Kick) Mawashi Geri Gedan (Low Roundhouse Kick)</p> <p>Kata: Pinan Yon (Pinan 4)</p>	<p>Kumite: To fight 4 fights in a pool of 5 and win one fight in order to gain full promotion</p> <p>Body Tests: 50 push-ups 100 sit-ups</p>

Grade	Belt	Technical Requirements	Other Requirements
2nd Kyu		<p>Strikes: Ippon Ken Uchi Jodan (One Knuckle Strike Upper) Ippon Ken Uchi Chdan (One Knuckle Strike Middle) Koken Uchi Jodan (Wrist Strike Upper) Koken Uchi Chudan (Wrist Strike Middle)</p> <p>Blocks: Koken Uke Jodan (Wrist Block Upper) Koken Uke Chudan (Wrist Block Middle)</p> <p>Kicks: Ushiro Mawashi Geri (Rear Roundhouse Kick) Tobi Mawashi Geri (Jumping Roundhouse Kick)</p> <p>Kata: Pinan Go (Pinan 5)</p>	<p>Complete the first five One Steps of the Seiki-Juku Karate Do</p> <p>Kumite: Kenka Kumite (Semi-Contact Fighting)</p> <p>Body Tests: For those over 18 years of age candidates may be required to break with Shuto or Seiken of no less than 5 concrete roofing tiles</p>
1st Kyu		<p>Strikes: Keiko Uchi (Chicken Geak Strike) Nukite Nihon (Two Finger Thrust)</p> <p>Blocks: Suni Uke (Shin Blocks)</p> <p>Kicks: Tobi nidan Geri (Jumping Double Kick) Tobi Yoko Geri (Jumping Side Kick) Tobi Ushiro Geri (Jumping Back Kick)</p> <p>Kata: Tsuki No Kata (Fortune and Luck) Geki Sai Dai (Fortress Attack)</p>	<p>Complete the second 5 of the Seiki-Juku One Steps</p> <p>Kumite: The candidate will fight 4 fights in a pool of 5 in Kenka Kumite and win 2 fights</p> <p>Body Tests: The candidate may be required to break a 1 inch wooden board with a technique selected from Chudan Tsuki, Mae Keage, Mawashi Geri, Shuto Sekotsu Uchi</p>

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1st Dan (Shodan)		<p>Kata: Sanchin (Three Phase Attack) Yantsu (Kata of Purity) Saifa (Rolling Wave)</p> <p>Weapons: Bo Katas Ichi, Ni and San</p>	<p>Complete the 15 Seiki-Juku One Steps</p> <p>Kumite: All candidates will be required to fight a minimum of 15 fights with senior grades</p> <p>Body Tests: Brick and Stone Breaking</p>
2nd Dan (Nidan)		<p>Kata: Sei Yunchin Tensho (Rolling Hand)</p> <p>Weapons: Sai Katas Ichi and Ni and San</p>	<p>Kumite: All candidates will be required to fight 20 fights with their equals and senior wherever possible</p> <p>Body Tests: Demonstration of unsupported breaks on wood, concrete and tiles</p>
3rd Dan (Sandán)		<p>Kata: Seipai Shisochin Kanku Dai</p> <p>Weapons: Nanchuku Kata</p>	<p>Each candidate may be asked to complete 100 fights</p> <p>Note: Candidates at this level will be assessed on their ability to teach and how many Dan grades they have themselves produced from their own teaching</p>