



## Whitby Karate Grading Requirements

### White-Yellow (Junior)

From white to white-yellow the estimated time is three to six months at two to three classes per week  
New kata: Fukyugata Ichi

### Yellow (Junior and Adult)

Junior: From white-yellow to yellow the estimated time is three to six months at two to three classes per week  
Adult: From white to yellow the estimated time is three to nine months at two to three classes per week  
New kata (junior): Fukyugata Ni; new katas (adult): Fukyugata Ichi, Fukyugata Ni

### Yellow-Orange (Junior)

From yellow to yellow-orange the estimated time is three to six months at two to three classes per week  
New kata: Pinan Nidan

### Orange (Junior and Adult)

Junior: From yellow-orange to orange the estimated time is three to six months at two to three classes per week  
Adult: From yellow to orange the estimated time is three to nine months at two to three classes per week  
New kata (junior): Pinan Shodan; new katas (adult): Pinan Nidan and Pinan Shodan

### Orange-Green (Junior)

From orange to orange-green the estimated time is three to six months at two to three classes per week  
New kata: Ananku

### Green (Junior and Adult)

Junior: From orange-green to green the estimated time is six months to one year at two to three classes per week  
Adult: From orange to green the estimated time is six months to one year at two to three classes per week  
New kata (junior): Pinan Sandan; new katas (adult): Ananku and Pinan Sandan  
One bunkai (meaning of movements) per kata including Pinan Sandan  
Adult: one weapon kata

### Green-Blue (Junior)/Green with One Brown Tip (Adult)

Junior: From green to green-blue the estimated time is six months to one year at two to three classes per week  
Adult: From green to green with one brown tip the estimated time is six months to one year at two to three classes per week  
New kata: Naihanchi Shodan  
One bunkai per kata including Naihanchi Shodan  
Adult: one weapon kata



## Whitby Karate Grading Requirements

### Blue (Junior)/Green with Two Brown Tips (Adult)

Junior: From green-blue to blue the estimated time is six months to one year at two to three classes per week

Adult: From green with one brown tip to green with two brown tips the estimated time is six months to one year at two to three classes per week

New kata: Pinan Yondan

One bunkai per kata including Pinan Yondan

One weapon kata

### Blue-Brown (Junior)/Brown (Adult)

Junior: From blue to blue-brown the estimated time is six months to one year at two to three classes per week

Adult: From green with two brown tips to brown the estimated time is six months to one year at two to three classes per week

New katas: Pinan Godan, Naihanchi Nidan

One bunkai per kata including Pinan Godan and Naihanchi Nidan

Any two weapons katas

### Brown with White Tips (Junior)/ Brown with One Black Tip (Adult)

Junior: From blue-brown to brown with white tips (junior) the estimated time is six months to one year at two to three classes per week

Adult: From brown to brown with one black tip the estimated time is six months to one year at two to three classes per week

New katas: Naihanchi Sandan and Wankan

One bunkai per kata including Naihanchi Nidan and Wankan

Any three weapons katas

### Brown-Black (Junior)/ Brown with Two Black Tips (Adult)

Junior: From brown to brown-black the estimated time is one year at two to three classes per week

Adult: From brown with one black tip to brown with two black tips the estimated time is one year at two to three classes per week

New katas: Rohai and Wanshu

One bunkai per kata including Rohai and Wanshu

Any four weapons katas

### Black with white stripe (Junior)/ Black (Adult)

Junior: minimum age 14

Junior: the estimated time from brown-black to black is one year or more training at two to three times per week

Minimum age 16 for full black belt

Adult: the estimated time requirement from brown with two black tips to black is eight months to one year at two to three classes per week, plus personal training of one to three times per week

New kata: Passai

One bunkai per kata up to and including Passai

Any five weapons katas

Minimum of three years training



## Whitby Karate Grading Requirements

### Second Degree Black Belt

Minimum age of 16  
New kata: Gojushiho  
Two bunkai per kata up to and including Gojushiho  
Any seven weapons katas plus increased skill level over first degree  
Minimum of one year from first degree to second degree

### Third Degree Black Belt

Minimum age of 18  
New kata: Chinto  
Two bunkai per kata, plus one Oyabunkai per kata\* up to and including Chinto  
Any nine weapons katas (must include kama kata) plus increased skill level over second degree  
Minimum of two years between second and third degree and a minimum of six years of training

### Fourth Degree Black Belt

New kata: Kusanku  
Three bunkai per kata, plus one Oyabunkai per kata\* up to and including Kusanku  
Any eleven weapons katas plus increased skill level over third degree  
Minimum of three years between third and fourth degree and/or a minimum of nine years of training

### Fifth Degree Black Belt

All empty hand katas (18)  
All weapons katas (18)  
All bunkai for all katas (approximately three per coloured belt kata and one per black belt kata)  
Oyabunkai for all bunkai for all katas\*  
All levels of teaching and performing katas  
Title of Renshi may be tested for  
Minimum of four years between fourth and fifth degree black belt and/or a minimum of 13 years of training

### Sixth Degree Black Belt

Minimum age of 35  
Complete knowledge of the system, as with fifth degree black belt  
Self-development and personalization of the katas, in particular with timing, kime and rhythm  
Contribution to the art such as through videos, grading of second degree and/or higher rank black belt(s)  
and teaching/running a club  
Mentoring of first degree and/or higher rank black belts

Title of Shihan may be tested for

Minimum of five years between fifth and sixth degree black belt



## Whitby Karate Grading Requirements

### Seventh Degree Black Belt

Complete knowledge of the system

Further self-development and improvement in kime, timing and rhythm of katas

Further contribution to the art, such as through videos, grading of third degree and/or higher rank black belt(s), teaching and running a club(s) and helping others run a club(s)

Mentoring of second degree and/or higher rank black belts

Title of Kyoshi may be tested for

Guideline of seven years from sixth to seventh degree black belt

### Eighth Degree Black Belt

Minimum age of 50

Complete knowledge of the system

Further self-development and improvement in kime, timing and rhythm of katas

Further contribution to the art, such as through videos, grading of fourth degree and/or higher rank black belt(s), teaching and running a club(s) and helping others run a club(s)

Mentoring of third degree and/or higher rank black belts

Title of Hanshi may be tested for

Guideline of eight years from seventh to eighth degree black belt

### Ninth Degree

Minimum age of 55

Complete knowledge of the system

Further self-development and improvement in kime, timing and rhythm of katas

Further contribution to the art, such as through videos, grading of fifth degree and/or higher rank black belt(s), teaching and running a club(s) and helping others run a club(s)

Mentoring of fourth degree and/or higher rank black belts

Title of Hanshi may be tested for

Guideline of nine years from eighth to ninth degree black belt

### Tenth Degree

Minimum age of 60

Mastery of the system

Mastery of self-development, kime, timing and rhythm of katas

Further contribution to the art, such as through videos, grading of fifth degree and/or higher rank black belt(s), teaching and running a club(s) and helping others run a club(s)

Mentoring of fifth degree and/or higher rank black belts

Title of Hanshi may be tested for

Guideline of ten years from ninth to tenth degree black belt

\* There are many variations possible for coloured belt katas, but not so for black belt katas.