



Whitby Karate Grading Requirements

Yellow-White (Junior)

From White to Yellow-White the estimated time is 3 to 6 months at 2 to 3 classes per week

New Katas: Fukyu Gata Ichi

Yellow (Junior and Adult)

Junior: From Yellow-White to Yellow the estimated time is 3 to 6 months at 2 to 3 classes per week

Adult: **From White to Yellow** the estimated time is 3 months to one year at 2 to 3 classes per week

New Katas (Junior): Fukyu Gata Ni; New Katas (Adult): Fukyu Gata Ichi, Fukyu Gata Ni

Yellow-Orange (Junior)

From Yellow to Yellow-Orange the estimated time is 3 to 6 months at 2 to 3 classes per week

New Katas: Pinan Ni Dan

Orange (Junior and Adult)

Junior: From Yellow-Orange to Orange the estimated time is 3 to 6 months at 2 to 3 classes per week

Adult: **From Yellow to Orange** the estimated time is 3 months to one year at 2 to 3 classes per week

New Katas (Junior): Pinan Shodan; New Katas (Adult): Pinan Ni Dan and Pinan Shodan

Orange-Green (Junior)

From Orange to Orange-Green the estimated time is 3 to 6 months at 2 to 3 classes per week

New Katas: Ananku

Green (Junior and Adult)

Junior: From Orange-Green to Green the estimated time is 6 months to 1 year at 2 to 3 classes per week

Adult: **From Orange to Green** the estimated time is 6 months to 1 year at 2 to 3 classes per week

New Katas (Junior): Pinan San Dan; New Katas (Adult) Ananku and Pinan San Dan

One bunkai (meaning of movements) per kata including Pinan San Dan

Adult: one weapon kata

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

From Green to Blue-Green the estimated time is 6 months to 1 year at 2 to 3 classes per week

From Green to One Brown Tip the estimated time is 6 months to 1 year at 2 to 3 classes per week

New Katas: Naihanchi Shodan

One bunkai per kata including Naihanchi Shodan

Adult: one weapon kata

Blue (Junior)/Two Brown Tips (Adult)

From Blue-Green to Blue the estimated time is 6 months to 1 year at 2 to 3 classes per week

From One Brown Tip to Two Brown Tips the estimated time is 6 months to 1 year at 2 to 3 classes per week

New Katas: Pinan Yon Dan

One bunkai per kata including Pinan Yon Dan

Junior and Adult: One weapon kata



Whitby Karate Grading Requirements

Blue-Brown (Junior)/Brown (Adult)

From Blue to Blue-Brown the estimated time is 6 months to 1 year at 2 to 3 classes per week

From Two Brown Tips to Brown the estimated time is 6 months to 1 year at 2 to 3 classes per week

New Katas: Pinan Go Dan, Naihanchi Ni Dan

One bunkai per kata including Pinan Go Dan and Naihanchi Ni Dan

Junior and Adult: Any 2 weapons katas

Brown (Junior)/ One Black Tip (Adult)

From Blue-Brown to Brown (Junior) the estimated time is 6 months to 1 year at 2 to 3 classes per week

From Brown to One Black Tip the estimated time is 6 months to 1 year at 2 to 3 classes per week

New Katas: Naihanchi San Dan and Wankan

One bunkai per kata including Naihanchi Ni Dan and Wankan

Junior and Adult: Any 3 weapons katas

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

From Brown to Brown-Black the estimated time is 1 year at 2 to 3 classes per week

From One Black Tip to two Black Tips the estimated time is 1 year at 2 to 3 classes per week

New Katas: Rohai and Wanshu

One bunkai per kata including Rohai and Wanshu

Junior and Adult: Any 4 weapons katas

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

16 years old is the minimum age requirement for full black belt. Until that time a Junior black belt may be awarded. So, for juniors, the estimated time from Brown-Black to Black is 1 year or more, depending upon the student's age and maturity

For adults the estimated time requirement from Two Black Tips to Black is 8 months to 1 year at 2 to 3 classes per week, plus personal training of 1 to 3 times per week

New Katas: Passai

One bunkai per kata up to and including Passai

Junior and Adult: Any 5 weapons katas

Second Degree Black Belt

Minimum of one year from shodan to second degree

Minimum age of 18 years old

New Kata: Gojushiho

Two bunkai per kata up to and including Gojushiho

Any 6 weapons katas, increased skill level over shodan

Third Degree Black Belt

New Kata: Chinto

Two bunkai per kata, plus one oibunkai per kata

Any 7 weapons katas, increased skill level over nidan

Minimum of two years between second and third degree



Whitby Karate Grading Requirements

Fourth Degree Black Belt

New Kata: Kusanku

Three bunkai per kata, plus one oibunkai per kata*

Any 8 weapons katas, increased skill level over sandan

Minimum of three years between third and fourth degree or a minimum of 10 years training

Fifth Degree Black Belt

All empty hand katas (18)

All weapons katas (13)

All bunkai for all katas (approximately three per kyu rank kata, one per black belt kata)

Oibunkai for all bunkai for all katas*

All levels of teaching and performing katas

Minimum four years between fourth and fifth degree black belt

Title of Renshi may be tested for

Sixth Degree Black Belt

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 black belts and teaching/running a club

Minimum five years between fifth and sixth degree black belt

Minimum age of 35

Title of Shihan may be tested for

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 more black belts and higher degrees, teaching and running a club(s) and helping others run a club(s).

Mentoring of lower rank black belts and kyu ranks

Title of Kyoshi may be tested for

Guideline of seven years from sixth to seventh degree black belt

Eighth 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 more black belts and higher degrees, teaching and running a club(s) and helping others run a club(s).

Mentoring of lower and higher rank black belts

Title of Hanshi may be tested for

Guideline of eight years from seventh to eighth degree black belt

Minimum age of 50



Whitby Karate Grading Requirements

Ninth Degree

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 more black belts and higher degrees, teaching and running a club(s) and helping others run a club(s).

Mentoring of higher rank black belts

Title of Hanshi may be tested for

Guideline of nine years from eighth to ninth degree black belt

Minimum age of 60

Tenth Degree

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 more black belts and higher degrees, teaching and running a club(s) and helping others run a club(s).

Mentoring of higher rank black belts

Title of Hanshi may be tested for

Guideline of ten years from ninth to tenth degree black belt

Minimum age of 70

* There are many variations possible for kyu rank kata, but not so for black belt katas.