



Whitby Karate Grading Requirements

White-Yellow (Junior)

From white to white-yellow the estimated time is **two to five 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 **two to five 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 **two to five 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 **two to five 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 **four to seven months** 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 **three to six months** 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



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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 **six to eighteen months** at two to three classes per week

Adult: From brown with one black tip to brown with two black tips the estimated time is six to eighteen months 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



Whitby Karate Grading Requirements

Minimum of three years training

Second Degree Black Belt

Minimum age of 18

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

New kata: Chinto

Two bunkai per kata, plus one oibunkai per kata* up to and including Chinto

Any nine weapons katas plus increased skill level over second degree

Minimum of two years between second and third degree or a minimum of six years of training

Fourth Degree Black Belt

New kata: Kusanku

Three bunkai per kata, plus one oibunkai per kata* up to and including Kusanku

Any eleven weapons katas plus increased skill level over third degree

Basic weapons kata bunkai

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

Fifth Degree Black Belt

All empty hand katas (18)

All weapons katas (19)

All bunkai for all katas (approximately three per coloured belt kata and one per black belt kata)

Advanced weapons kata bunkai

Oibunkai 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 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

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

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

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.