

TEENS & ADULTS

GRADING CURRICULUM

YELLOW-BROWN BELT

	Pinan Sandan & Bunkai	Renzoku Padwork	Choke Defence Follow Up	Rapid Fire Defence	Edged Weapon Defence	Sparring 1x Punches Only 10x Comp Sparring 2x Free Sparring
	Pinan Shodan & Bunkai	Renzoku Padwork	Wrist Grab Follow Up	Rapid Fire Defence	Blunt Object Defence	Sparring 1x Punches Only 5x Comp Sparring 1x Clinching
	Pinan Shodan	Renzoku Padwork	Punch Defence Follow Up	Rapid Fire Defence	Sparring 1x Punches Only 5x Comp Sparring 1x Clinching	
	Pinan Nidan & Bunkai	Renzoku Padwork	Tackle Defence & Bear Hug Defence	Sparring 1x Punches Only 5x Comp Sparring 1x Clinching		
	Pinan Nidan	Renzoku Padwork	Choke Defence Basics	Sparring 1x Punches Only 5x Comp Sparring		
	Naihanchi Shodan	Wrist Grab Defence Basics	Sparring 1x Punches Only 3x Comp Sparring			
	Kihongata 1-4	Punch Defence Basics	Sparring 1x Punches Only 3x Comp Sparring			

HOW GRADINGS WORK

- Teens & Adults gradings are held twice per year.
- Gradings are stressed to students as an opportunity to have their efforts and ability recognised, therefore promotion to the next rank isn't guaranteed.
- In addition to the above requirements, students must also demonstrate basics and combinations to an acceptable standard. Skill Benchmarks are covered in the student handbook.
- Feedback will be given to the student should they not be ready to move up a rank.
- Grading requirements are routinely covered during classes. It is the responsibility of each student to ensure they know the requirements above prior to grading.