

TEENS & ADULTS

GRADING CURRICULUM

BROWN & BLACK GRADES

Under 16	Kusanku-dai & Personal Bunkai	Chatan Yara nu Sai Sai Kata	Log 20 Hours Instruction Time	Self Defence Full Revision & Original Technique	Sparring 1x Punches Only 10x Comp Sparring 10x Free Sparring	Additional 100 Kata Challenge 500 Word Essay on "Meaning of a Black Belt"
	Mastumora Passai & Personal Bunkai	Shuji nu Kon Bo Kata	Log 10 Hours Instruction Time	Self Defence Full Revision & Original Technique	Sparring 1x Punches Only 10x Comp Sparring 10x Free Sparring	Additional 100 Kata Challenge 500 Word Essay on "Meaning of a Black Belt"
	Chinto & Personal Bunkai	Present 45 min Seminar	Self Defence Full Revision & Original Technique	Sparring 1x Punches Only 10x Comp Sparring 10x Free Sparring	Additional 100 Kata Challenge 500 Word Essay on "Meaning of a Black Belt"	
	Seisan & Personal Bunkai	Self Defence Full Revision	Ground Submissions 1x 2 Min Round	Sparring 1x Punches Only 10x Comp Sparring 10x Free Sparring	Additional 100 Kata Challenge 500 Word Essay on "Meaning of a Black Belt"	
	Seisan	Self Defence Full Revision	Ground Submissions 1x 2 Min Round	Sparring 1x Punches Only 10x Comp Sparring 5x Free Sparring	Additional 100 Kata Challenge 500 Word Essay on "Meaning of a Black Belt"	
	Pinan Godan & Bunkai	Self Defence Full Revision	Ground Position Control 1x 2 Min Round	Sparring 1x Punches Only 10x Comp Sparring 2x Free Sparring		
	Pinan Yondan & Bunkai	Self Defence Full Revision	Ground Escapes 1x 2 Min Round	Sparring 1x Punches Only 10x Comp Sparring 2x Free 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.