













Seito Bugei Juku

Grading Requirements (ages 13+)

KYU	REQUIRED TECHNIQUES	REQUIRED KNOWLEDGE	OTHER REQUIREMENTS
10th Kyu Yellow /White 	-Standing Basics 1. Jodan, Chudan, Gedan Zuki 2. Jodan, Chudan, Gedan Uke 3. Hiza Geri, Mae Geri 4. Musubi Dach, Heiko Dach, Heisoku Dach, Shiko Dach, Zenkutsu Dach	-Verbal Exam: 1. Terminology: Oneigaishimasu; Arigato Gozaimashita; Dojo; Sensei; Hai Sensei	-Min Classes: 16 -Min time since last grading: 2 months
9th Kyu Yellow 	-Requirements for 10 th kyu plus: -Kata: 1. Gekisai Dai Ichi (sequ) in a group, -Standing Basics 1. Mawashi Geri 1. Sandan Tsuki (sequ) – without Partner 2. Sandan Uke (sequ) – without Partner -Simple Moving Basics	-Requirements for 10 th kyu plus: -Verbal Exam: 1. Terminology: Keikogi, Obi	-Min Classes: 20 -Min time since last grading: 2 months
8th Kyu Yellow/ Black 	-Requirements for 9 th kyu plus: -Kata: 1. Gekisai Dai Ichi (sequ) in a group, solo -Drills: 1. Sandan Tsuki (sequ) – with Partner 2. Sandan Uke (sequ) – with Partner 3. Sandan Gi Harai Ichi (sequ) – without partner	-Requirements for 9 th kyu plus: -Verbal Exam: 1. Count 10 in Japanese, 2. Name of kata	-Min Classes: 24 -Min time since last grading: 2 months

<p>7th Kyu Orange</p> 	<p>-Requirements for 8th kyu plus: -Standing Basics: 1. Neko Ashi Dachi -Kata: 1. Gekisai Dai Ichi (good), solo 2. Gekisai Dai Ni (sequ) in a group, -Drills: 1. Sandan Tsuki (good) – with Partner 2. Sandan Uke (good) – with Partner 3. Sandan Gi Harai Ichi (sequ) – with Partner</p>	<p>-Requirements for 8th kyu plus: -Verbal Exam: 1. Parts of the uniform 2. Names of basic stances and techniques -Functional Movements: 1. Tactical Stand Up (sequ)</p>	<p>-Min Classes: 30 -Min time since last grading: 3 months</p>
<p>6th Kyu Green</p> 	<p>-Requirements for 7th kyu plus: -Standing Basics: 1. Yoko Geri -Kata: 1. Gekisai Dai Ni (sequ) in a group, solo -Drills: 1. Geikisai Dai Ichi, moving sequences 2. Sandan Gi Harai Ichi (good) -Kumite</p>	<p>-Requirements for 7th kyu plus: -Verbal Exam: 1. Count 20 in Japanese 2. Explanation of dojo crest</p>	<p>-Min Classes: 35 -Min time since last grading: 3 months</p>
<p>5th Kyu Green/ Black</p> 	<p>-Requirements for 6th kyu plus: -Kata: 1. Gekisai Dai Ichi (good) – Individual 2. Gekisai Dai Ni (good) – Individual</p>	<p>-Written Exam: Score must be 75% or higher to pass -Functional Movements: 1. Tactical Stand Up (good)</p>	<p>-Min Classes: 35 -Min time since last grading: 3 months</p>

<p>4th Kyu Blue</p> 	<p>-Requirements for 5th kyu plus: -Standing Basics: 1. Ushiro Geri -Kata: 1. Saifa (sequ) – group -Drills: 1. Renzoku Kumite: Geikisai Dai Ichi (sequ) 2. Bunkai: Gekisai Dai Ichi (sequ)</p>	<p>-Written Exam: Score must be 75% or higher to pass</p>	<p>-Min Classes: 40 -Min time since last grading: 3 months</p>
<p>3rd Kyu Purple</p> 	<p>-Requirements for 4th kyu plus: -Standing Basics: 1. Futi Geri -Kata: 1. Saifa (sequ), solo -Drills: 1. Sandan Gi Ni (sequ) – with Partner 2. Bunkai: Gekisai Dai Ichi (good) -Ground techniques: 1. Basic breakfalls (sequ)</p>	<p>-Verbal Exam: 1. Explaining application for techniques 2. Explaining mechanics of techniques</p>	<p>-Min Classes: 45 -Min time since last grading: 4 months -Assist with min 2 kids classes per month -Event Participation: 1. min 1 competition/yr</p>
<p>2nd Kyu Brown</p> 	<p>-Requirements for 3rd kyu plus: -Standing Basics: 1. Kansetsu Geri -Kata: 1. Saifa (good) – individual -Drills: 1. Renzoku Kumite: Geikisai Dai Ichi (good) 2. Renzoku Kumite: Geikisai Dai Ni (sequ) 3. Renzoku Kumite: Saifa (sequ) 4. Bunkai: Gekisai Dai Ni (sequ) -Ground techniques: 1. Basic breakfalls (good)</p>	<p>-Book Report: <i>Introduction to Applied Karate</i> -Verbal Exam: 1. Explaining application for techniques 2. Explaining mechanics of techniques -Hojo Undo: 1. Kettlebells: 2HS</p>	<p>-Min Classes: 45 -Min time since last grading: 4 months -Assist with min 2 kids classes per month -Event Participation: 1. min 1 competition/yr</p>

<p>1st Kyu Brown/ Black</p> 	<p>-Requirements for 2nd kyu plus: -Kata: 1. Sanchin (sequ) – Group -Drills: 1. Sandan Gi Ni (good) – with Partner 2. Renzoku Kumite: Gekisai Dai Ni (good) 3. Bunkai: Gekisai Dai Ni (good) -Kumite, multiple continuous rounds</p>	<p>-Book Report: <i>Kaki-e: The Close Combat Practice</i> -Verbal Exam: 1. Explaining application for techniques 2. Explaining mechanics of techniques -Hojo Undo: 1. Kettlebells: 1HS</p>	<p>-Min Classes: 50 -Min time since last grading: 4 months -Assist with min 2 kids classes per month -Event Participation: 1. min 1 competition/yr</p>
<p>1st Dan Black (17+)</p>  <p>Jr 1st Dan B/W (age 16 or below)</p> 	<p>-Requirements for 1st kyu plus: -Kata: 1. Sanchin (sequ – jr., good – 17+) 2. Shisochin (sequ) -Drills: 1. Kaki-e and open hand drills 2. Taira Renzoku Kumite: Gekisai Dai Ichi 2. Renzoku Kumite Saifa (sequ) 3. Bunkai: Saifa (sequ – jr., good – 17+)</p>	<p>-Book Report: <i>Comprehensive Karate</i> -Functional Exercises: 1. Neko-undo 2. Pistol squat 3. Turkish Get-Up -Hojo Undo: 1. Chi-ishi, min 4 basic moves 2. Kongo-ken, basic exercises</p>	<p>-Min Classes: 50 -Min time since last grading: 6 months -Assist with min 2 kids classes per month -Event Participation: 1. min 1 competition/yr 2. Min 8 yudansha classes/yr 3. min 1 newaza class/yr -Specialised Training: 1. Standard First Aid + CPR certification -Grading candidate portfolio</p>
<p>Notes: This is a living document, and changes will be made in future. At each level, the student is expected to demonstrate increased knowledge, detail, and fitness. Other kata, applications, techniques, etc. may be taught as well, if a student is showing exceptionally strong progress. Students are expected to maintain a dojo passbook, in order to track grading dates and specialised training.</p>			