

JUNIOR - GRADING REQUIREMENTS

INTERMEDIATE AND ADVANCED

KIHON	Hi-green	Purple	Hi-purple	Blue	Hi-blue	Brown	Hi-brown	Black Belt
Sambon-zuki	→	→	→	→	→	↔	↔	↔
Kizami-zuki > gyaku-zuki	on the spot	on the spot	on the spot	on the spot	on the spot	Freestyle	Freestyle	Freestyle ↔
Age-uke > gyakuzuki	on the spot	on the spot	→	→	→	↔	↔	↔
Uchi-uke > gyakuzuki	on the spot	on the spot	→	→	→	↔	↔	↔
Gedanbarai > gyakuzuki	on the spot	on the spot	→	→	→	↔	↔	↔
Soto-uke > gyakuzuki		on the spot	→	→	→	↔	↔	↔
Shuto-uke > nukite		on the spot	→	→	→	↔	↔	↔
Age-uke > Gedanbarai > uchi-uke > gyakuzuki				on the spot	on the spot	↔	↔	↔
Mae-geri	→	→	→	→	→	→	→	→
Mawashi-geri	→	→	→	→	→	→	→	→
Side kicks – snap and thrust				→	→	→	→	→
Soto-uke > empi					→	→		
Sotouke > empi > uraken > gyakuzuki							→	→
Mae-geri > Mawashi-geri > Gyakuzuki							→	→
Focus and Impact							→	→
Note: This sign ↔ means that you should perform these techniques in ‘both’ directions - back and forth. And where “on the spot” is mentioned you will not be taking any steps.								
APPLICATIONS	All levels: New sparring/self defense skills introduced and pointed out by instructor							
KATA	All of the new kata introduced						One chosen by examinee & One chosen by examiner	
Push ups – Sit ups – Squats FITNESS	12 – 12 – 15	15 – 15 – 20	18 – 18 – 20	18 – 18 – 20	20 – 20 – 25	20 – 20 - 25	25 – 25 - 30	30 – 30 – 35
PARTICIPATION / EFFORT	Your level of participation and effort is also under question, as well as your dojo etiquette and applying all Training Rules cons.							

Other: You should also be on top of:

A. The Powerhouse Code: Recite “Focus Your Mind/Focus your heart/Focus your body and ... Train Harder”

B. What is your motto? Respond “Train Harder”

C. What is the magic phrase? Respond “yes I can”

> Practice these so you can respond firmly and confidently