



GRADING CRITERIA

Before attempting a grading, every student must meet the following criteria:

1. Hold a current, up-to-date Kimura Shukokai Karate licence book
2. Be a current and paid-to-date member of Karate BC
3. Train regularly at a registered Kimura Shukokai Karate dojo
4. Trained the minimum required length of time and attained the minimum amount of lessons during that timeframe*
5. Achieved a standard which is eligible for the grade being attempted as assessed by the Sensei (instructor)
6. Be proficient in all of the requirements specified in the Kimura Shukokai Karate grading syllabus

*Beginners and intermediate students, up to and including purple belt (8th kyu through 4th kyu), who train at least two sessions per week can expect to grade approximately every four months. First brown belt to black belt (3rd kyu through Shodan) who trains at least two sessions per week can expect to grade a minimum of six months between belt levels. Shodan and above require a minimum of 18 months between Dan levels.

HOW TO PREPARE

1. Ensure you have trained and practised thoroughly enough in the techniques required of you for the grade you are attempting (refer to grading syllabus).
2. A grade is awarded on the quality, not quantity, of the technique.
3. Your licence book and grading fee must be presented before the grading begins.
4. Present yourself on time and in a clean and pressed karate gi. Ensure you have hydrated yourself properly and used lavatory facilities before-hand.
5. As a sign of respect, bow before entering the grading arena.
6. When you are called before the grading officer, bow correctly (straight back, hands at side). Failure to bow to a grading officer or fellow student demonstrates a lack of respect which is contrary to dojo etiquette.
7. When awaiting your turn, do not lean against the wall or sit down. Remain upright and silent while other students are grading.
8. Performing kata (sequence of techniques): demonstrate correct power, stability and posture with breathing control, focus “kime” and “chakugan” or the proper way to look at your opponent; do not rush the kata; take a few moments to compose yourself before announcing and beginning the kata.
9. Performing kumite (sparring): the grading officer is looking for variation in techniques and tactics, correct attitude, good fighting spirit and strength of technique.
10. No photographs or videotaping are permitted during a grading.