

Shintani Wado Kai Karate Federation

Grading Manual



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SECTION

A

SWKKF GRADING MANUAL OBJECTIVE

SWKKF Grading Manual Objective

The objective of the Grading Manual booklet is to provide structure and maintain consistency for all gradings throughout the Shintani Wado Kai Karate Federation. It will educate brown belts, black belts and instructors in the procedures, format, requirements and structure of kyu belt and Black belt gradings. This Manual will provide a standard from which to continue the upward trend of Black belt and instructor knowledge towards the consistency of members in the Shintani Wado Kai Karate Federation.

Any revisions to this Manual will be made by the Grading Committee. All changes must be ratified and approved by the Senate.

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SECTION

B

DEFINITION, CLARIFICATION AND **EXPLANATION OF TERMS**

Definitions Of Terms

Active Training

Attending on average six 1.5 hour training sessions per month with active participation within the class for minimum of 10 months per year.

Black Belt Clinic

Any workout intended for brown belts or higher instructed by a Yodan or up or by a Sandan (upon approval by a senate member) for the purpose of learning, improving, and sharing knowledge.

Grading Committee

A group of volunteer Black belts from various regions of the SWKKF who receive input from joseki members, annually review and revise, if necessary, the Grading Manual, and ensure that information approved by the senate is disseminated to the membership.

Grading Facilitator

The person(s) appointed by Sensei Denis Labbé who will receive the application forms, process them (ensure all information is included and accurate), prepare the joseki board forms, prepare all application copies for the joseki board, make sure certificates are prepared, collect, record and report results.

Advise candidate's instructor when grading requirements are not met that may result in disqualifying an applicant from grading.

Disseminate all material for a Black belt grading to the Joseki Board Chairperson in a timely fashion.

Confirm that all Black Belt gradings are sanctioned by Sensei Denis Labbé and do not conflict with other SWKKF events in the area.

Host Club or Region

The club or region which organizes and gains approval for a sanctioned Black Belt grading for candidates of the SWKKF. The host club works with the grading board chairperson to ensure there is an adequate number of Joseki board members, appropriate space and time booked, information is sent out in a timely manner, and other assigned tasks to run a smooth event.

Joseki Board

The Joseki Board consists ranking Black belts (usually Sandan and up) chosen to preside and evaluate candidates at any Black belt grading sanctioned by the Shintani Wado Kai Karate Federation. The Joseki Board Chairperson will approve all Joseki Board members.

Joseki Board Chairperson

The ranking Black Belt approved by the Joseki Board Executive to adjudicate the proceedings of a sanctioned Black Belt Grading. The Chairperson will have veto power at the Black Belt grading. The Chairperson is responsible to maintain the consistency of the evaluation process of entire joseki board. To ensure that new joseki board members and those in training understand the process and the methods used for evaluations.

Joseki Board Database

The collection of Black belt karate-ka and their experience who may serve as members of a Joseki board to evaluate candidates and the collection of Ranking Black belt Karate-ka and their experience who may serve as a Joseki Board chairpersons at a sanctioned Black belt grading. Available through Sensei Denis Labbé for clubs who host black belt gradings.

Joseki Board Executive

The Senate in the Joseki Board Executive responsible to approve any Black Belt who will represent the Shintani Wado Kai Karate Federation as the Joseki Chairperson at any sanctioned Black Belt grading.

Senate

Those Black Belts selected by Sensei Shintani or elected by the Senate members to manage the Shintani Wado Kai Karate Federation.

Senate Members

Sensei Denis Labbé	President of the SWKKF
Sensei Peter Ruch	(Advisor)
Sensei Ron Mattie	Chief Instructor of SWKKF
Sensei Lawrence Blakemore	
Sensei Bruce Perkins	
Sensei Brad Cosby	
Sensei Willie Lebrun	
Sensei Rick Leveille	
Sensei Danny McCoy	
Sensei Jim Atkinson	

Shintani Wado Kai Karate Federation Headquarters
Welland, Ontario

The Harmonizer

The official Shintani Wado-Kai Karate newsletter

SWKKF Official Website

www.shintani.ca

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SECTION

C

GRADING GUIDELINES

C.1

SWKKF Members

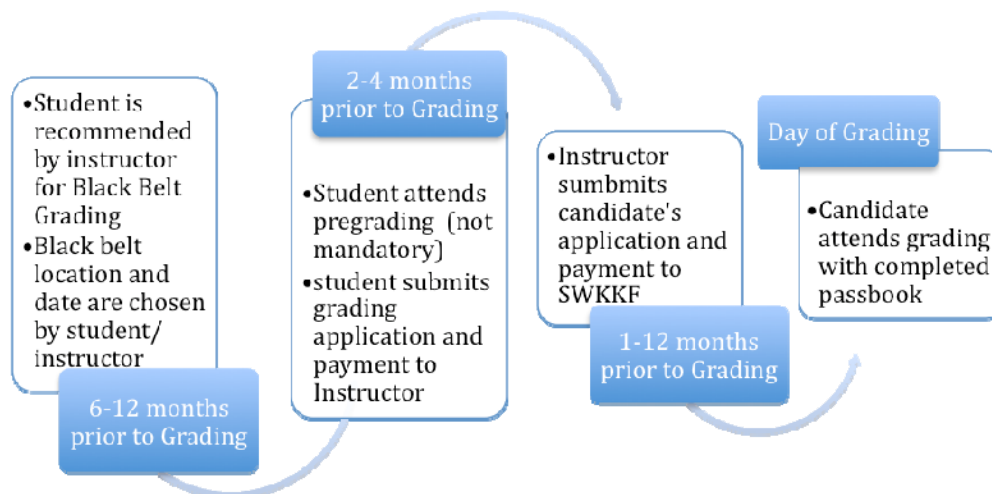
1. The President will approve and sanction all Black Belt Gradings through the Calendar of Events Application Form, five months notice is required.
2. Four months notification of the date and location of approved Black Belt gradings will be announced through the Provincial Reps, the Harmonizer and the SWKKF official website, www.shintani.ca
3. Grading application forms must be filled out by the karate-ka and then by the instructor. No student will proceed in rank without their Sensei's approval.

NOTE: In the event that a Karate-ka has no affiliation with an instructor or is currently in a political or geographical location which prohibits contact with other SWKKF dojos and wishes to be graded to the next rank without an instructor's recommendation, the Karate-ka shall follow the procedures listed under "PROCEDURE FOR APPLICANTS WITH NO INSTRUCTOR AFFILIATION" (see section C.2 and C.3).

4. The grading form and payment will be received by the President of the Shintani Wado-Kai Karate Organization and then forwarded to the Grading Facilitator for validation at least one month prior to the grading in order to be accepted.
5. A non-refundable fee of \$35.00 must accompany the application form. Additional costs may be incurred at the grading to cover the costs of the host club's expenses.
6. The Karate-ka shall receive their certificate at no additional charge upon successful completion of the grading.
7. SWKKF members who have not paid their yearly registration dues will not be credited for their time towards their grading while inactive.
8. Failure to comply with the above procedures will disqualify the Karate-ka from the grading.
9. Any question or clarification of the grading guidelines can be address to Sensei Ron Mattie (905) 735-8917 or rmattie@vaxxine.com
10. It is highly recommended that anyone applying for any black belt grading attend a pre-grading in their region. This will process will provide the candidate information to correct and polish their techniques. At this time candidates will receive feedback as to whether or not they should attend the grading or continue working and attend a grading at a later date.

NOTE: It is the individual instructor's responsibility to insure that his/her students are prepared for their grading. It is also understood that for a student to meet the minimum requirements, they must not be average, but outstanding at their present rank.

Usual timeline prior to Black Belt Grading



C.2

Applicants with no Instructor Affiliation

1. The applicant will send a letter to the President of the Shintani Wado Kai Karate Federation.
2. The President will assign a sponsor who will be responsible for the preliminary evaluation of the applicant.
3. If a formal meeting between the sponsor and the applicant can not be arranged in person, then the sponsor may request a video tape with katas, two step sparring and anything else deemed important for the physical evaluation of the applicant. Background information of the applicant deemed pertinent can also be requested.
4. Sponsor will advise the applicant where a formal grading is and to proceed if the evaluation is successful.
5. The applicant will complete the student's side of the application form.
6. The sponsor will complete and sign the instructor's side of the application form.
7. A non-refundable grading fee of \$50.00 must accompany the application form.

C.3

Ranking of Other Styles Joining SWKKF

Black Belts of other styles who wish to join the Shintani Wado Kai Karate Federation shall be acknowledged as an affiliate member until such time that they appear in front of the Joseki Board for evaluation of rank, at a formal scheduled Black belt grading (not preceding less than 12 months). To be eligible, they must be under the direction of an approved instructor under the Shintani Wado Kai Karate Federation.

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GRADING STRUCTURE

Grading Structure

<u>TIME</u>	<u>PART</u>	<u>SUBJECT</u>
9:00 – 10:00	<u>1</u>	<u>Joseki Board meeting</u>
10:00 – 10:15	<u>2</u>	<u>Written test</u>
10:15 – 11:15	<u>3</u>	<u>All basic techniques: hands, feet and stances</u> (This section is only to evaluate the form and focus of the techniques and should only be performed with medium power and medium speed)
11:15 – 12:00	<u>4</u>	<u>Advance combination techniques</u>
12:00 – 12:30	<u>5</u>	<u>½ hour snack break (bring your own)</u>
12:30 – 1:30	<u>6</u>	<u>Katas: ten katas performed three times each</u>
1:30 – 1:45	<u>7</u>	<u>15 minute break</u>
1:45 – 2:45	<u>8</u>	<u>Two-step kumite</u>
2:45 – 3:45	<u>9</u>	<u>Randore</u> <u>Free-style kumite</u> (This section is not mandatory for student with injuries or health problems)
3:45 – 4:30	<u>10</u>	<u>Joseki Board conference and ranking presentation</u>

**** Times subject to change at the discretion of the Joseki Board Chairperson

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GRADING FORMAT

Grading Format

1. The Joseki Board Chairperson will adjudicate the proceedings of the individual Black Belt Grading.
2. It is essential that the Joseki Board consist of members from different clubs or regions at each grading.
3. A student must be evaluated by at least two members (three is recommended) from the Joseki Board who are not from their club. They must be of a higher rank than those they are evaluating. In the event of a conflict of interest in favour or against, the Joseki board member should refrain from grading that student.
4. Application forms filtered by the Grading Committee Chairperson will be distributed to Joseki Board members during the Joseki Board meeting.
5. Passbook will be presented by candidates to the Joseki Board Chairperson.
6. Joseki Board members to review and evaluate applications and passbooks to check that the candidate has met all the grading requirements.
7. The Senseis instructing the class should be selected and notified at least one hour in advance by the Joseki Board Chairperson. Any Yodan or higher being graded will be expected to contribute in the teaching of the grading that day.
8. Joseki Board to evaluate applications and review grading format and guidelines. (See Section D, part 1)
9. If space is limited, only the people being graded will be allowed on the dojo floor.
10. The Karate-kas may be divided according to rank and graded in separate groups in order to concentrate on their requirements for that rank.
11. If after the kata evaluation a student appears uncertain, the Joseki Board may request that the Karate-ka repeat the kata individually or in a small group.
12. After the physical evaluation is over, the Joseki Board will confer in a separate room and two identical copies of the students evaluation sheet will be made. In the event of a failure, the student's instructor will be asked to participate in the discussion. If the student's instructor is not present, the Joseki board's decision will stand.
13. All students will be lined up for the presentation.
14. Top ranking Joseki board members will present the belts and/or certificates to the successful applicants.
(note: if approved by the Joseki Chairperson certificates maybe presented at a banquet following the grading)
15. When the student receives the new rank:
 1. Shodan -Brown belts and special belts will drop down on their left knee and remove their belt. They will stand up and hold their old belt in their hand. Upon receiving their certificate, the student will bow once to the presenter, take a few steps back and bow once to the Joseki Board.
 2. Nidan and higher - the student will step forward and bow to the black belt presenting their certificate. Upon receiving their certificate, the student will bow once to the presenter, take a few steps back and bow once to the Joseki Board.
16. At the conclusion of the grading, the Joseki Board Members will meet with all the students who have been evaluated and their Sensei for constructive remarks. At this time a copy of the students summary sheet will be handed to the Karate-ka.
17. Joseki Board Chairperson will ensure the summary sheet and grading package is sent to the President of the Shintani Wado Kai Karate Federation for recording purposes.
18. No ranks will be recognized unless all the above steps have been followed.

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GRADING REQUIREMENTS

Pre-requisite For a Shodan

To receive a Shodan, Karate-ka must have met the minimum kyu belt requirements listed below:

Rank Attempted	Required Kata	Minimum Training Time
Yellow (roku-kyu)	Pinan Shodan	4 Months or 50 hours
Orange (go-kyu)	Pinan Nidan (improvement of previous kata)	4 Months or 50 hours
Green (yon-kyu)	Pinan Sandan (improvement of previous kata)	4 Months or 50 hours
Blue (san-kyu)	Pinan Yodan (improvement of previous kata)	4 Months or 50 hours
Brown (ni-kyu/ik-kyu)	Pinan Godan (improvement of previous kata)	6 Months or 75 hours
Red (age 15)	Kushanku (improvement of previous kata)	4 Months or 50 hours

To receive the rank of SHODAN

1. You must be minimum 16 years of age.
2. You must have been a brown belt at least 18 months if working out only once a week or at least 12 months if working out more than once a week.
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete in 2 tournaments during your present rank in either event.
5. You must know the following katas:
 - i) Pinan Shodan
 - ii) Pinan Nidan
 - iii) Pinan Sandan
 - iv) Pinan Yodan
 - v) Pinan Godan
 - vi) Kushanku
6. Techniques to be performed:
 - i) Basic techniques
 - ii) Combination block-counter
 - iii) Taisabaki movement
 - iv) Side stepping
 - v) Fluency in combination techniques
 - vi) Two step or free style kumite
 - vii) Also see Section I on Grading Techniques
7. All students are to be of strong moral character and demonstrate mental and emotional maturity.

To receive the rank of NIDAN

1. You must be minimum 20 years of age.
2. You must have been a Shodan at least 2 years of active training.
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete in 2 tournaments during your present rank in either event.
5. You must know the following katas:
 - i) Pinan Shodan
 - ii) Pinan Nidan
 - iii) Pinan Sandan
 - iv) Pinan Yodan
 - v) Pinan Godan
 - vi) Kushanku
 - vii) Seishan
 - viii) Nahanchin
6. Techniques to be performed:
 - i) Basic techniques
 - ii) Combination block-counter
 - iii) Taisabaki movement
 - iv) Side stepping
 - v) Fluency in combination techniques
 - vi) Two step or free style kumite
 - vii) Also see Section I on Grading Techniques
7. All students are to be of strong moral character and demonstrate mental and emotional maturity.

To receive the rank of SANDAN

1. You must be minimum 25 years of age.
2. You must have been a Nidan at least 3 years of active training.
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete in 2 tournaments during your present rank in either event.
5. You must know the following katas:
 - i) Pinan Shodan
 - ii) Pinan Nidan
 - iii) Pinan Sandan
 - iv) Pinan Yodan
 - v) Pinan Godan
 - vi) Kushanku
 - vii) Seishan
 - viii) Nahanchin
 - ix) Chinto
6. Techniques to be performed:
 - i) Basic techniques
 - ii) Combination block-counter

- iii) Taisabaki movement
 - iv) Side stepping
 - v) Fluency in combination techniques
 - vi) Two step or free style kumite
 - vii) Also see Section I on Grading Techniques
7. All students are to be of strong moral character and demonstrate mental and emotional maturity.

To receive the rank of YODAN

1. You must be minimum 30 years of age.
2. You must have been a Sandan at least 4 years of active training.
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must compete in 2 tournaments during your present rank in either event.
5. You must know the following katas:
 - i) Pinan Shodan
 - ii) Pinan Nidan
 - iii) Pinan Sandan
 - iv) Pinan Yodan
 - v) Pinan Godan
 - vi) Kushanku
 - vii) Seishan
 - viii) Nahanchin
 - ix) Chinto
 - x) Wanshu
6. Techniques to be performed:
 - i) Basic techniques
 - ii) Combination block-counter
 - iii) Taisabaki movement
 - iv) Side stepping
 - v) Fluency in combination techniques
 - vi) Two step or free style kumite
 - vii) Also see Section I on Grading Techniques
7. All students are to be of strong moral character and demonstrate mental and emotional maturity.

To receive the rank of GODAN

1. You must be minimum 35 years of age.
2. You must have been a Yodan at least 5 years of active training.
3. You must attend a minimum of 2 Black Belt Clinics per calendar year and it must be recorded in your passbook.
4. You must average 2 tournaments per year competing in either event.
5. You must be an active instructor and host at least one Black Belt Clinic in your grading year.
6. You must apply at least one year prior to the grading date.
7. You must instruct part of the grading. (see Section E #7).
8. Extra katas can be learned as supplements starting with Gensho and Gensho Shodan.
 - i) Kumsho
 - ii) Taisei
 - iii) Kempei
 - iv) Sei Shun Tei
 - v) Gahanshu
 - vi) Seipai
9. Techniques to be performed:
 - i) Basic techniques
 - ii) Combination block-counter
 - iii) Taisabaki movement
 - iv) Side stepping
 - v) Fluency in combination techniques
 - vi) Two step or free style kumite
 - vii) Also see Section I on Grading Techniques
10. All students are to be of strong moral character and demonstrate mental and emotional maturity.

To receive the rank of Rokudan

1. You must be minimum 40 years of age.
2. You must have been a Godan at least 6 years of active training.
3. You must be actively involved in the Shintani Kado Kai Karate Federation on a national level, whether on the Senate or on a sub-committee where needed.

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GRADING FORMS

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Summary of Grading	26
Joseki Board Evaluation Sheets – Sample*	27

*These are only sample sheets, evaluation forms are available in a spread sheet format

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Application For Shodan

To be completed by Student

Name		Date	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Pass Book #		Email	
Club		Instructor	
Present Rank		Previous Style Studied	
Date of Enrolment		Date of Last Grading	
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			
Checklist		Date(s)	
2- Black Belt Clinics	required		
1 Tournament	required		
Pre grading	highly recommended		

Use separate sheet to answer the following:

What benefits have you achieved through Wado-Kai Karate?

To be completed by Instructor

Instructor's Name		Phone	
Club name/location			
Instructor's Sensei		Teaching Certificate #	
Present Rank		Date of Last Grading	
Re: Student	Below is regarding black belt applicant's information		
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

Why are you recommending this student for advancement?

What do you feel this student has to offer the SWKKF? (To be completed only if over minimum time)

*Application and payment must be complete and received 1 month prior to grading to be eligible for grading

For Office Purpose Only

Date Received	
Information & Payment Received	

Application For Nidan/Sandan/Yodan

To be completed by Student

Name		Date	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Pass Book #		Email	
Club		Instructor	
Present Rank		Previous Style Studied	
Date of Enrolment		Date of Last Grading	
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			
Checklist		Date(s)	
2- Black Belt Clinics	required		
2 Tournaments	required		
Pre grading	highly recommended		

Use separate sheet to answer the following:

What benefits have you achieved through Wado-Kai Karate?

What have you accomplished since your last grading? (to be completed only if over minimum time)

To be completed by Instructor

Instructor's Name		Phone	
Club name/location			
Instructor's Sensei		Teaching Certificate #	
Present Rank		Date of Last Grading	
Re: Student	Below is regarding black belt applicant's information		
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

Why are you recommending this student for advancement?

What do you feel this student has to offer the SWKKF? (To be completed only if over minimum time)

For Office Purpose Only

Date Received	
Information & Payment Received	

Application For Godan

To be completed by Student

Name		Date	
Mailing Address			
Phone		Postal Code	
DOB		Sex	
Pass Book #		Email	
Club		Instructor	
Present Rank		Previous Style Studied	
Date of Enrolment		Date of Last Grading	
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			
Checklist		Date(s)	
2- Black Belt Clinics	required		
2 Tournaments	required		
Pre grading	highly recommended		

Use separate sheet to answer the following:

1. What benefits have you achieved through Wado-Kai Karate?
2. What have you accomplished since your last grading? (to be completed only if over minimum time)
3. What are your future goals with the Shintani Wado-Kai Karate Federation? (to be completed only if over minimum time)

To be completed by Instructor

Instructor's Name		Phone	
Club name/location			
Instructor's Sensei		Teaching Certificate #	
Present Rank		Date of Last Grading	
Re: Student	Below is regarding black belt applicant's information		
Training Schedule			
Average # hour/week		Average # months/year	
Teaching Schedule			
Average # hour/week		Average # months/year	
Disabilities			

Use separate sheet to answer the following:

1. Why are you recommending this student for advancement?
2. What do you feel this student has to offer the SWKKF? (To be completed only if over minimum time)

For Office Purpose Only

Date Received	
Information & Payment Received	

Shintani Wado-Kai Karate Federation

Black Belt Grading Written Test - Sample

Part I: Basic terminology

Write the Japanese words for the numbers 1 through 10.

Write the English translation of the following Japanese terms:

- | | |
|-------------------|-----------|
| a) Zenkutsa dachi | b) tsuki |
| c) ashi barai | d) empei |
| e) mae geri | f) uke |
| g) yame | h) yoko |
| i) dojo | j) sensei |

Write the Japanese translation for the following English terms:

- | | |
|---------------------|------------------------------|
| a) strike | b) kick |
| c) round-house kick | d) body twisting or shifting |
| e) turn | f) back stance |
| g) cat stance | h) back hand |
| i) palm heel strike | j) hammer fist |

Part II: Who's Who?

1. Who's the founder of Wado-Kai Karate and what rank did he hold?
2. Who was the above person's 1st karate instructor?
3. Who is responsible for bringing Wado-Kai Karate to Canada and what rank did he hold?
4. Who is the current president of the Shintani Wado-Kai Karate Federation and what rank does he hold?
5. Who is the chief instructor of the Shintani Wado-Kai Karate Federation and what rank does he hold?
6. We have 9 senate members in the Shintani Wado Kai Karate Federation. Can you name them?

Part III: Philosophy

1. Describe what a kata is to someone whom has no knowledge of the martial arts.
2. Explain the symbolism behind the dove and the fist emblem.
3. Explain your interpretation of Sensei Shintani's philosophy of karate?
4. Define the word "dojo" and describe what the expectations of students are in respect to that word.
5. What does it mean to be a sensei?

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Kicks to be executed at 2 distinct areas

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
22	Zenkutsu-dachi	Mae-geri	5	Kicking with right leg from back at gedan level (belt or lower)	F B P
23	Zenkutsu-dachi	Mae-geri	5	Kicking with left leg from back at gedan level (belt or lower)	F B P
24	Zenkutsu-dachi	Mae-geri	5	Kicking with right leg from back at chudan level (belt or higher)	F B P
25	Zenkutsu-dachi	Mae-geri	5	Kicking with left leg from back at chudan level (belt or higher)	F B P
26	Zenkutsu-dachi			Maintenance of stance	F B P

Sub total: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
27	Hachiji-dachi	Tate-zuki	10	Alternating hands at chudan level	F B P
28	Hachiji-dachi	Uraken-uchi	10	Alternating hands at jodan level	F B P
29	Hachiji-dachi	Tettsui-uchi	10	Stepping to the left and executing the right hand to the head on the right side, then alternate the step to the right and execute the left hand to the head.	F B P
30	Hachiji-dachi			Maintenance of stance	F B P

Sub total: _____

Kicks to be executed at 2 distinct areas

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
31	Zenkutsu-dachi	Mawashi-geri	5	Kicking with right leg from back at gedan level (belt or lower)	F B P
32	Zenkutsu-dachi	Mawashi-geri	5	Kicking with left leg from back at gedan level (belt or lower)	F B P
33	Zenkutsu-dachi	Mawashi-geri	5	Kicking with right leg from back at chudan level (belt or higher)	F B P
34	Zenkutsu-dachi	Mawashi-geri	5	Kicking with left leg from back at chudan level (belt or higher)	F B P
35	Zenkutsu-dachi			Maintenance of stance	F B P

Sub total: _____

Kicks to be executed at 2 distinct areas

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
36	Kokutsu-dachi	Migazuki-geri	5	Kicking with right leg from front at gedan level (belt or lower)	F B P
37	Kokutsu-dachi	Migazuki-geri	5	Kicking with left leg from front at gedan level (belt or lower)	F B P
38	Kokutsu-dachi			Maintenance of stance	F B P

Sub total: _____

Name: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
39	From kokutsu-dachi to Zenkutsu-dachi	Haito-uchi	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right haito-uchi	F B P
40	From kokutsu-dachi to Zenkutsu-dachi	Haito-uchi	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left haito-uchi	F B P
41	From kokutsu-dachi to Zenkutsu-dachi	Uraken-uchi	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right uraken-uchi	F B P
42	From kokutsu-dachi to Zenkutsu-dachi	Uraken-uchi	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left uraken-uchi	F B P
43	From kokutsu-dachi to Zenkutsu-dachi	Nukite	10	In kokutsu-dachi with left leg forward, shift into zenkutsu-dachi and execute the right nukite	F B P
44	From kokutsu-dachi to Zenkutsu-dachi	Nukite	10	In kokutsu-dachi with right leg forward, shift into zenkutsu-dachi and execute the left nukite	F B P

Sub total: _____

Note: 45 to 47 are bonus points

45	Reverse neko-ashi-dachi	Moware Ushiro-geri	10	Right leg forward, left leg kicking Gedan - chudan level	F B P
46	Reverse Neko-ashi-dachi	Moware Ushiro-geri	10	Left leg forward, right leg kicking Gedan - chudan level	F B P
47	Reverse neko-ashi-dachi			Maintenance of stance	F B P

Sub total: _____

Stepping forward twice and executing the technique then turning around will be referred to as one cycle

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
48	Kokutsu-dachi	Traditional shuto-uke	10		F B P
49	Kokutsu-dachi	Slicing shuto-uke-uchi	10		F B P
50	Kokutsu-dachi	Morote-uke	10		F B P
51	Kokutsu-dachi			Maintenance of stance	F B P

Sub total: _____

No.	STANCE	TECHNIQUE	Cycles	REMARKS	SCORE
52	From kiba-dachi to juji-dachi	Age-uke followed by oi-zuki	10	From kiba-dachi, step left leg over into juji-dachi with right block then twist into kiba-dachi with the left strike. Alternate side-side.	F B P
53	From kiba-dachi to juji-dachi	Gedan-barai followed by oi-zuki	10	From kiba-dachi, step left leg over into juji-dachi with the right block then twist into kiba-dachi with the left strike. Alternate side-side.	F B P
54	From kiba-dachi to juji-dachi	Ude-uke followed by osoto-uke	10	From kiba-dachi, step left leg over into juji-dachi with right ude-uke then twist into kiba-dachi with the left osoto-uke. Alternate side-side.	F B P

Total of pages 1-3 _____

Sub total: _____

	candidate cannot have any more than 2 katas that are borderline.
Section 4	
Advanced Techniques and Combinations	
Overall Performance F B P	
Speed	
Power	
Spirit	
Effectiveness	
Fluidity	
Timing	
Form	
Hip Movement	
Balance	
Knowledge of Technique	
Section 8	
Kion Kumite and Kumite	
Overall Performance F B P	
Form	
Speed	
Power	
Spirit	
Knowledge of Tech.	
Effectiveness	
Block and Counter	
Defense	
Controlling the fight	
Forces the fight	
Kicking	
Timing	
Distancing	
Explosiveness	

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SECTION

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KYU BELT GRADINGS

Kyu Belt Gradings

Kyu Belt Gradings are the responsibility of the individual clubs. The SWKKF requirements for full coloured belts are listed in the passbook. Individual clubs may chose to use a stripe system of either a black stripe through the middle of the belt or black stripe(s) at the end of the belt.

Rank Attempted	Required Kata	Minimum Training Time
Yellow (roku-kyu)	Pinan Shodan	4 Months or 50 hours
Orange (go-kyu)	Pinan Nidan (improvement of previous kata)	4 Months or 50 hours
Green (yon-kyu)	Pinan Sandan (improvement of previous kata)	4 Months or 50 hours
Blue (san-kyu)	Pinan Yodan (improvement of previous kata)	4 Months or 50 hours
Brown (ni-kyu/ik-kyu)	Pinan Godan (improvement of previous kata)	6 Months or 75 hours
Red (age 15)	Kushanku (improvement of previous kata)	4 Months or 50 hours

Note: Time in hours applies only after the minimum month limit is reached (for irregular training). Regular training for the kyu belt ranks is considered to be one to two times per week without any significant breaks.

Highly recommended inclusion of supplementary kata:

Rank Attempted	Supplementary Kata
Yellow (roku-kyu)	Power Kata
Orange (go-kyu)	Chonan
Green (yon-kyu)	Chonan Shodan
Blue (san-kyu)	Tekki Shodan, Shopai
Brown (ni-kyu/ik-kyu)	Seisho, Sankyo
Shodan	Taisho, Chocodo
Nidan	Taisei, Gensho Shodan
Sandan	Kempei, Seipei, Taisho Die
Yodan	Sei Shun Tei, Kumsho
Godan	Gensho, Gahanshu

Note: These are suggested supplementary kata for each rank.

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APPENDIXES

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