

10th Kyu to 9th Kyu

Level: Novice – White Belt / Yellow Stripe		Training period:		Minimum 3 months from start
Technical Content			Technical Assessment	Grading Standard
Fitness	Sit ups, press-ups, star jumps		Techniques should be performed correctly, but some minor errors are acceptable.	50% of techniques performed to novice standard
Basics	Stances	Attention, ready, walking, sitting and L stance	Recognisable, correct foot positions, posture, balance and stability.	50% of techniques performed to novice standard
	Blocks	Low, inside and outside middle blocks	Recognisable, correct arm positions, posture, balance and stability.	50% of techniques performed to novice standard
	Strikes	In sitting stance single and double punch, palm heel, knife hand	Recognisable, correct foot & arm positions, posture, balance and stability.	50% of techniques performed to novice standard
	Kicking	Front snap / thrust, crescent (outside to inside, inside to outside), turning kick	Recognisable, correct positions, posture, balance, stability and part of foot	50% of techniques performed to novice standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts	Both legs, both hands, contacting target	50% of techniques performed to novice standard
	One step	Examiner's choice, 14 years and above only. Starting from walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking	50% of techniques performed to novice standard
	Sparring	No contact or light contact	Demonstrate timing, movement and distance, kicking and punching to appropriate areas	50% of techniques performed to novice standard
Self Defence	14 years plus 1 take down 1 offensive striking combination 2 defences against a single shoulder grab 2 defences against double lapel grab 2 defences against chest pushes		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques	50% of techniques performed to novice standard

9th Kyu to 8th Kyu

Level:	Novice – Yellow Belt		Training period:	Minimum 3 months from 9 th Kyu
Technical Content			Technical Assessment	Grading Standard
Fitness	Sit ups, press-ups, star jumps		Techniques should be preformed correctly, but some minor errors are acceptable.	60% of techniques performed to novice standard
Basics	Stances	Attention, ready, walking, sitting, L stance	Recognisable, correct foot positions, posture, balance and stability.	60% of techniques performed to novice standard
	Blocks	Guarding, head, low, inside and outside middle blocks	Recognisable, correct arm positions, posture, balance and stability.	60% of techniques performed to novice standard
	Strikes	Moving in L stance, In sitting stance single and double punch, palm heel, knife hand, back fist	Recognisable, correct foot & arm positions, posture, balance and stability.	60% of techniques performed to novice standard
	Kicking	Front snap / thrust, crescent, turning, side, axe kicks	Recognisable, correct positions, posture, balance, stability and part of foot	60% of techniques performed to novice standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts	Both legs, both hands, contacting target, some understanding of timing and distance	60% of techniques performed to novice standard
	One step	Examiner's choice, 14 years and above only. Starting from L stance into walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking	60% of techniques performed to novice standard
	Sparring	No contact or light contact	Demonstrate timing, movement and distance, kicking and punching to appropriate areas	60% of techniques performed to novice standard
Self Defence	14 years and above 2 take down 2 offensive striking combination 2 defences against front body hold (arms free) 2 defences against front body hold (arms pinned) 2 defences against double handed strangle 2 defences against single handed strangle 1 counter technique against right hook to head		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques	60% of techniques performed to novice standard

8th Kyu to 7th Kyu

Level:	Novice – Yellow Belt / Green Stripe		Training period:	Minimum 3 months from 8 th Kyu
Technical Content			Technical Assessment	Grading Standard
Fitness	Sit ups, press-ups, star jumps		Techniques should be performed correctly, but some minor errors are acceptable.	70% of techniques performed to novice standard
Basics	Stances	Attention, ready, walking, sitting, L stance	Correct foot positions, posture, balance and stability.	70% of techniques performed to novice standard
	Blocks	Knife hand guarding, head, low, inside and outside middle blocks	Correct arm positions, posture, balance and stability. Should show development in accuracy and power	70% of techniques performed to novice standard
	Strikes	Moving in L stance, single punch (high & low), knife hand (inward & outward), finer spear thrust, cupped hand strike, back fist, basic elbow	Correct foot & arm positions, posture, balance and stability. Should show development in accuracy and power	70% of techniques performed to novice standard
	Kicking	Front snap / thrust, turning, step through side kick, twisting kicks, front shin kick	Correct positions, posture, balance, stability and part of foot. Should show development in accuracy and power	70% of techniques performed to novice standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts	Both legs, both hands, contacting target, variety of techniques, better understanding of timing and distance	70% of techniques performed to novice standard
	One step	Examiner's choice, all ages Starting from L stance into walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking. Variety of techniques for 14 years plus	70% of techniques performed to novice standard
	Sparring	No contact or light contact	Demonstrate attacking and counter attacking	70% of techniques performed to novice standard
Self Defence	14 years and above 2 wrist / arm locks in application 3 takedowns 3 offensive striking combination 3 defences against front body hold (arms free) 3 defences against front body hold (arms pinned) 3 defences from rear choke 1 counter technique against left hook to head		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Staring to understand correct body movements	70% of techniques performed to novice standard

7th Kyu to 6th Kyu

Level:	Intermediate – Green Belt		Training period:	Minimum 3 months from 7 th Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Stances	Attention, ready, walking, sitting, L stance, forward roll	Correct foot positions, posture, balance and stability.	60% of techniques performed to intermediate standard
	Blocks	Low and highs blocks	Correct arm positions, posture, balance and stability. Should show accuracy and power	60% of techniques performed to intermediate standard
	Strikes	Moving in appropriate stances, forearm strikes, ridge hand	Correct foot & arm positions, posture, balance and stability. Should show accuracy and power	60% of techniques performed to intermediate standard
	Kicking	Step through side kick, twisting kicks, front shin kick, back kick, knee strikes, low heel hook and sweep kick	Correct positions, posture, balance, stability and part of foot. Should show accuracy and power, recovery after kick	60% of techniques performed to intermediate standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts	Both legs, both hands, contacting target, variety of techniques, understanding of timing and distance with variety of techniques	60% of techniques performed to intermediate standard
	Two step	Examiner’s choice, all ages Starting from L stance and walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking. Variety of techniques for 14 years plus	60% of techniques performed to intermediate standard
	Sparring	Light contact	Attacks and counter attacks to head and body	60% of techniques performed to intermediate standard
Self Defence	14 years and above 4 takedowns 2 counters to single hand wrist grab 2 counters to 2 hands wrist grab one wrist 2 counters to 2 hands wrist grab 2 wrist 2 defences against rear stranglehold 2 counter defences against roundhouse swing to the head 2 counter defences against straight face punch 1 escape from floor mounted technique		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Staring to understand correct body movements	60% of techniques performed to intermediate standard

6th Kyu to 5th Kyu

Level:	Intermediate – Green Belt / Blue Stripe		Training period:	Minimum 3 months from 6 th Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Stances	Mixture of stances	Correct foot positions, posture, balance and stability.	70% of techniques performed to intermediate standard
	Blocks	Low and highs cross blocks	Correct arm positions, posture, balance and stability. Should show accuracy and power	70% of techniques performed to intermediate standard
	Strikes	Moving in appropriate stances, forearm strikes, ridge hand, middle knuckle strikes, elbow and backside strikes	Correct foot & arm positions, posture, balance and stability. Should show accuracy and power	70% of techniques performed to intermediate standard
	Kicking	Low turning kicks, front shin kick, back kick, knee strikes, low heel hook and sweep kick. Shields - knee drop, low & mid turning kicks	Correct positions, posture, balance, stability and part of foot. Should show accuracy and power, recovery after kick	70% of techniques performed to intermediate standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts, focus mitts standing to floor	Both legs, both hands, contacting target, variety of techniques, correct timing and distance with variety of techniques	70% of techniques performed to intermediate standard
	Two step	Examiner’s choice, all ages Starting from L stance and walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking. Variety of techniques for 14 years plus	70% of techniques performed to intermediate standard
	Sparring	Light contact	Attacks and counter attacks to head and body	70% of techniques performed to intermediate standard
Self Defence	14 years and above 5 takedowns 3 arm / wrist locks in application 2 defences from front hair grab 2 defences from rear hair grab 2 defences from headlock 2 breaking & countering guard 2 escape from floor mounted technique		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements	70% of techniques performed to intermediate standard

5th Kyu to 4th Kyu

Level:	Intermediate – Blue Belt		Training period:	Minimum 3 months from 5 th Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Blocks	Various blocks in combination with strikes	Correct arm positions, posture, balance and stability. Should show accuracy and power	80% of techniques performed to intermediate standard
	Strikes	Forearm strikes, palm heel, elbow strikes	Correct foot & arm positions, posture, balance and stability. Should show accuracy and power	80% of techniques performed to intermediate standard
	Kicking	Low turning kicks, front shin kick, back kick, knee strikes. Shields - knee drop, low & mid turning kicks, back kick	Correct positions, posture, balance, stability and part of foot. Should show accuracy and power, recovery after kick	80% of techniques performed to intermediate standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts, hand and foot combination on focus mitts. Striking pads from ground guard position	Both legs, both hands, contacting target, variety of techniques, correct timing and distance with variety of techniques	80% of techniques performed to intermediate standard
	Two step	Examiner's choice, all ages Starting from L stance and walking stance, low block. Attacker punches to mid section	Single movements, blocking and counter attacking. Variety of techniques for 14 years plus	80% of techniques performed to intermediate standard
	Sparring	Light contact	Attacks and counter attacks to head and body	80% of techniques performed to intermediate standard
Self Defence	14 years and above 4 offensive striking combinations 2 throws 5 takedown 4 wrist locks in application 4 arm locks in application 3 defences against strangles 2 defences against front kick 2 defences against turning kicks 2 defences against side kicks 2 defences against cosh downward strike 2 defences against cosh sideways strike 2 defences against cosh inward strike		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements	80% of techniques performed to intermediate standard

4th Kyu to 3th Kyu

Level:	Intermediate – Blue Belt / Brown Stripe		Training period:	Minimum 3 months from 4 th Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Blocks	Combination of blocks with strikes	Correct arm positions, posture, balance and stability. Should show accuracy and power	90% of techniques performed to intermediate standard
	Strikes			
	Kicking	Low turning kicks, front shin kick, back kick, knee strikes. Shields - knee drop, low & mid turning kicks, back kick, paddle – axe kicks	Correct positions, posture, balance, stability and part of foot. Should show accuracy and power, recovery after kick	90% of techniques performed to intermediate standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts, hand and foot combination on focus mitts. Striking pads from ground guard position	Both legs, both hands, contacting target, variety of techniques, correct timing and distance with variety of techniques	90% of techniques performed to intermediate standard
	Three step	Examiner’s choice, all ages Starting from ready stance. Blocking and counter attacking variety of techniques	Attacks and counter attack to head & body. Variety of techniques for 14 years plus	90% of techniques performed to intermediate standard
	Sparring	Light contact	Attacks and counter attacks to head and body	90% of techniques performed to intermediate standard
Self Defence	14 years and above 4 offensive striking defences using head, elbow and knees 5 takedown / throws with follow up leg techniques 5 wrist and/or arm locks in applications 3 head and / or neck locks 4 joint dislocating techniques 2 defences against side headlock 2 defences against front headlock 2 defences against leg / body tackle 2 defences against being strangle against a wall 2 defences against lapel grab and punch 1 defence against head butt 1 defence from knee strike 2 defences from rear grab 2 defences against hands on wrist 2 defences against swing from weapon / bottle 2 defences from thrust with bottle 2 defences from downward blow with bottle		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements	90% of techniques performed to intermediate standard

3th Kyu to 2nd Kyu

Level:	Advanced – Brown Belt		Training period:	Minimum 3 months from 3 th Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Blocks	Combination of blocks with strikes	Correct arm positions, posture, balance and stability. Should show accuracy and power	80% of techniques performed to advanced standard
	Strikes			
	Kicking	Combinations of kicking, thrust legs techniques	Correct positions, posture, balance, stability and part of foot. Should show accuracy and power, recovery after kick	80% of techniques performed to advanced standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts, hand and foot combination on focus mitts. Striking pads from ground guard position	Both legs, both hands, contacting target, variety of techniques, correct timing and distance with variety of techniques	80% of techniques performed to advanced standard
	Three step	Examiner’s choice, all ages Starting from ready stance. Blocking and counter attacking variety of techniques	Attacks and counter attack to head & body. Variety of techniques for 14 years plus	80% of techniques performed to advanced standard
	Sparring	Light contact	Attacks and counter attacks to head and body	80% of techniques performed to advanced standard
Self Defence	16 years and above 5 offensive striking combinations 6 takedown / throws with follow up leg / arm techniques Methods of attacking eyes and ears 5 wrist and/or arm locks in applications 3 come along or control techniques Demonstrate techniques against multiple opponents Counter attacks / defences to throws and joint locks Demonstrate basic use of Yawara-bo Demonstrate basic use of Baton Role play street scenarios		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements	80% of techniques performed to advanced standard

2nd Kyu to 1st Kyu

Level:		Advanced – Brown Belt / Black Stripe	Training period:		Minimum 6 months from 2 nd Kyu
Technical Content			Technical Assessment		Grading Standard
Basics	Blocks	Combination of blocks with strikes	Correct arm positions, posture, balance and stability essential. Should show accuracy and power		90% of techniques performed to advanced standard
	Strikes				
	Kicking	Combinations of kicking, thrust legs techniques	Correct positions, posture, balance, stability and part of foot essential. Should show accuracy and power, recovery after kick		90% of techniques performed to advanced standard
Sparring	Target	Punches and kicks – using paddles and/or focus mitts, hand and foot combination on focus mitts. Striking pads from ground guard position	Both legs, both hands, contacting target, variety of techniques, correct timing and distance with variety of techniques essential		90% of techniques performed to advanced standard
	Three step	Examiner’s choice, all ages Starting from ready stance. Blocking and counter attacking variety of techniques	Attacks and counter attack to head & body. Variety of techniques for 14 years plus		90% of techniques performed to advanced standard
	Sparring	Light contact	Attacks and counter attacks to head and body		90% of techniques performed to advanced standard
Self Defence	16 years and above 6 offensive striking combinations (explaining strategies / set ups) 6 takedown / throws with follow up techniques Methods of attacking eyes and ears 5 wrist and/or arm locks in applications 3 come along or control techniques Demonstrate techniques against multiple opponents Counter attacks / defences to throws and joint locks 2 defence against knife hold ups 2 defences against knife attacks 2 pre-emptive techniques to foil knife attack Role play street scenarios 4 methods of attacking throat / neck Defending yourself on the ground Defending yourself whilst seated Assisting a victim under attack 2 defences against pistol to head / chest / belly / rear		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements		90% of techniques performed to advanced standard

1st Kyu to 1st Dan

Level:	Advanced – Black Belt		Training period:	Minimum 6 months from 1 st Kyu
Technical Content			Technical Assessment	Grading Standard
Basics	Blocks	Combinations of kicking, thrust legs techniques	Use both hands (for attack and defence) to block and strike. All kicks, strikes and blocks should follow correct route to target and hit with correct part of hand / foot. Correct arm positions, posture, balance, stability and part of foot essential. Should show accuracy and power, recovery after kick	90% of techniques performed to advanced standard
	Strikes			
	Kicking			
Sparring	Three step	Exhibit varied techniques (same on right and left sides)	Variety of techniques to all relevant targets	90% of techniques performed to advanced standard
	Sparring	Light contact	Attacks and counter attacks to head and body	90% of techniques performed to advanced standard
Self Defence	16 years and above Demonstrate rolls / break falls on hard surface 6 offensive striking combinations (explaining strategies / set ups) 6 takedown / throws with follow up techniques Methods of attacking eyes and ears 5 wrist and/or arm locks in applications 3 come along or control techniques Demonstrate techniques against multiple opponents Counter attacks / defences to throws and joint locks 6 defences against being strangles / chokes 3 defence against knife hold ups 3 defences against knife attacks Pre-emptive power strikes 3 pre-emptive techniques to foil knife attack Role play street scenarios 4 methods of attacking throat / neck Defending yourself on the ground Defending yourself whilst seated Assisting a victim under attack 3 defences against pistol to head / chest / belly / rear		Demonstrate timing, movement and distance, releases and counter attack, effective application of techniques. Correct body movements	90% of techniques performed to advanced standard