

JUNIOR GRADING SYSTEM

8th KYU – **WHITE** Belt

1st Mon – 1 yellow stripe

2nd Mon – 2 yellow stripes

3rd Mon – 3 yellow stripes

7th KYU – **YELLOW** Belt

1st Mon – 1 green stripe

2nd Mon – 2 green stripes

3rd Mon – 3 green stripes

6th KYU – **GREEN** Belt

1st Mon – 1 blue stripe

2nd Mon – 2 blue stripes

3rd Mon – 3 blue stripes

5th KYU – **BLUE** Belt

1st Mon – 1 red stripe

2nd Mon – 2 red stripes

3rd Mon – 3 red stripes

4th KYU - **ORANGE** Belt

1st Mon – 1 brown stripe

2nd Mon – 2 brown stripes

3rd Mon – 3 brown stripes

3rd KYU – **BROWN** Belt

1st Mon – 1 white stripe

2nd Mon – 2 white stripes

3rd Mon – 3 white stripes

2nd KYU – **BROWN** Belt

1st Mon – 1 red stripe

2nd Mon – 2 red stripes

3rd Mon – 3 red stripes

1st KYU – **BROWN** Belt

1st Mon – 1 black stripe

2nd Mon – 2 black stripes

3rd Mon – 3 black stripes

YOUTH BLACK BELT

Brown belt with continuous black stripe running through centre.

- One MON will be received for each EIGHT hours of training completed. There will be NO cost associated with this. There will be no award of a certificate.
- After 3 MONS have been achieved a further MINIMUM of 8 HOURS training will have to be done before being eligible for a COLOURED BELT.
- Award of a COLOURED BELT will be accompanied by a HONBU DOJO CERTIFICATE.
- There will be FOUR gradings a year at specified dates. These will take place on a SUNDAY.
- Each SUNDAY will be composed of a Training session of TWO HOURS INCLUDING the GRADING.
- Each student will need to demonstrate their ability to perform the entire required SYLLABUS for their GRADE.
- To achieve a MON or a COLOURED BELT a student must train with the correct spirit and attitude. Lessons in which this is not displayed will NOT count as hours towards a MON or COLOURED BELT.
- One or more MONS can be removed from a student's belt if their behaviour is not of the required standard. Should this occur a further 8 HOURS training will have to be done to earn back each MON.

HONBU DOJO CERTIFICATES come from YOSHINKAN HEADQUARTERS in JAPAN. They are recognised by all YOSHINKAN DOJOS WORLDWIDE.
The price of a grading certificate can vary with the exchange rate and the price that is charged by the HONBU DOJO in JAPAN.

7th KYU

- Seiza ho
- Rei ho
- Shikko ho
- Zenpo kaiten ukemi
- Koho kaiten ukemi
- Shumatsu dosa (1)
- Shumatsu dosa (2)
- Katate mochi shihonage (1)
- Katate mochi shihonage (2)
- (All basic movements are done without partner and are done only on the right side.)

6-5th KYU

- Seiza ho
- Rei ho
- Shikko ho
- Zenpo kaiten ukemi
- Koho kaiten ukemi
- Kihon dosa renzoku
- Shomen uchi ikkajo osae (1)
- Shomen uchi ikkajo osae (2)
- Katate mochi sokumen iriminage (1)
- (All basic movements are done without partner and are done only on the right side.)

4-3rd KYU

- Migi hanmi kamae
- Hidari hanmi kamae
- Zenpo kaiten ukemi
- Tai no henko (1)
- Tai no henko (2)
- Hiriki no yosei (1)
- Hiriki no yosei (2)
- Suwari waza shomen uchi ikkajo osae (1)
- Katate mochi nikkajo osae (2)
- Shomen uchi sankajo osae (1)
- Ryote mochi tenchinage (1)
- Shomen uchi shomen iriminage (2)
- (All basic movements are done without partner and are done only on the right side.)

2-1st KYU

- Migi hanmi kamae
- Hidari hanmi kamae
- Zenpo kaiten ukemi
- Tai no henko (1)
- Tai no henko (2)
- Hiriki no yosei (1)
- Hiriki no yosei (2)
- Shumatsu dosa (1)
- Shumatsu dosa (2)
- Katate mochi nikkajo osae (1)
- Shomen uchi sankajo osae (2)
- Shomen uchi kotegaeshi (2)
- Katate mochi hijiate kokyunage (2)
- (All basic movements are done without partner and are done only on the right side.)

SHODAN

- Migi hanmi kamae
- Hidari hanmi kamae
- Tai no henko (1)
- Tai no henko (2)
- Hiriki no yosei (1)
- Hiriki no yosei (2)
- Shumatsu dosa (1)
- Shumatsu dosa (2)
- Hanmi handachi ryote mochi shihonage
- Shomen uchi nikkajo osae (1)
- Shitei waza
- Shitei waza
- Shomen uchi jiyuwaza
- (All basic movements are done without partner and are done only on the right side.)

Shitei waza

- Katate mochi shihonage (1)(2)
- Ryote mochi shihonage (1)(2)
- *Shomen uchi ikkajo osae (1)(2)
- Yokomen uchi ikkajo osae (1)(2)
- *Katate mochi nikkajo osae (1)(2)
- *Shomen uchi sankajo osae (1)(2)
- Yokomen uchi sankajo osae (1)(2)
- Shomen uchi yonkajo osae (1)(2)
- Katate mochi sokumen iriminage (1)(2)
- Yokomen uchi shomen iriminage (1)(2)
- Kata mochi hijishime (1)(2)
- Ryote mochi tenchinage (1)(2)
- Shomen uchi kotegaeshi (1)(2)
- (Techniques marked with a star include suwari waza. All basic movements done without partner.)