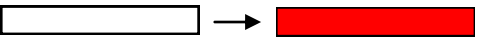
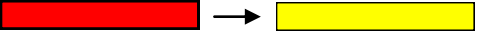
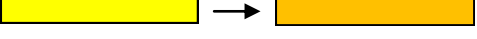


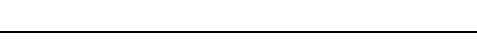
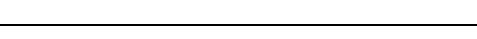
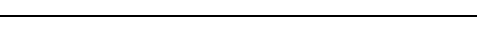
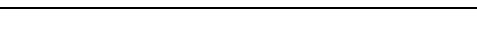






Grading Requirements

Belt Colour	Lessons	Basics	Kata	Impact	Self Defence	Sparring
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 1 	Taikyoko Shodan	<ul style="list-style-type: none"> • Step Over Punch • Groin Kick 	Wrist Grabs	Sandan Gi
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks, Stances • Combination 2 	Gyaku Zuki No Kata	<ul style="list-style-type: none"> • Reverse Punch • Front Kick 	Hair Grabs	Sanren Zuki
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 3 	Pinan Shodan	<ul style="list-style-type: none"> • Front Punch • Roundhouse Kick 	Chest Grabs	Sanbon Kumite
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 4 	Pinan Nidan	<ul style="list-style-type: none"> • Back Fist Strike • Side Kick 	Head Locks	Gohon Kumite
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 5 	Pinan Sandan	<ul style="list-style-type: none"> • Elbow Strike • Knee Strike 	Bear Hugs	Randori Kumite
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 6 	Pinan Yondan	<ul style="list-style-type: none"> • Ridge Hand Strike • Spin Kick 	Chokes	Kumite
	25 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 7 	Pinan Godan	<ul style="list-style-type: none"> • One Leg Punch • Hook Kick 	Various Holds	Kumite
	50 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 8 	Annanko	<ul style="list-style-type: none"> • Shovel Punch • Crescent Kick 	Surprise Attack	Kumite
	50 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combination 9 	Bassai Dai	<ul style="list-style-type: none"> • Hook Punch • Axe Kick 	Ground Defence	Kumite
	50 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combo 10 + 1c, 4c, 9b 	Seienchin	<ul style="list-style-type: none"> • Spinning Hook Kick 	Armed Attack	Kumite
	50 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combo's on both Sides 	Kosokun Shiho	Multiple targets	Holds attacking Vital Points	Kumite
	100 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combo's on both Sides 	<ul style="list-style-type: none"> • Chinto • Tensho 	Jump Kicks	<ul style="list-style-type: none"> • Joint Locks • Throws 	Kumite
	150 Lessons	<ul style="list-style-type: none"> • Basic Strikes, Blocks, Kicks & Stances • Combo's on both Sides 	<ul style="list-style-type: none"> • Seipai • Bassai Sho 	Surprise targets	Surprise targets	Kumite