

Grading Requirements - Junior levels

What we are testing ↓	If White to Junior high-red belt now for Green	If J. Green to high-blue belt now for Brown	If wearing J. brown to J. black belt for J. Black Belt or Gold Belt
- Focus - Discipline - Think fast - Move fast	Listening positions 1-4 Attention stance - Ready stance - Horse stance	Listening positions 1-4 Attention stance - Ready stance - Horse stance	Listening positions 1-4 Attention stance - Ready stance - Horse stance
- Co-ordination	Jumping jacks	Jumping jacks / Jump-the-line front n back Jump-Rope - 10 times +	Jumping jacks/ jump-the-line front, back, side to side Jump-Rope - 20 times +
-Strength	Superman push-ups 10-15 times	Superman push-ups 15 to 20 times	Superman push-ups 25 to 30 times
- Flexibility	Roll back: <u>toes</u> to floor	Roll back: Keep legs straight, <u>toes</u> to floor Splits	Roll back: <u>Balls</u> of the feet to touch the floor Splits
Agility - Timing - Precision	Balloon Game- Punch OR Kick OR mix - 1 min	Balloon Game 1 min kick AND punch	Balloon Game - 1min. - mix punch, kick, flying kicks
TECHNIQUE & KATA - Power - Athleticism - Co-ordination - Speed - Agility -Precision -Focus	Lunge P. > Reverse P. > Jab	Lunge P. > Reverse P. > Jab	Triple punch combo (sambon zuki) back n forth
	High block	High block and Low block	High block, low block, reverse p., Front kick (no step)
	Front kicks (kick pad, alternating) 10 times	Front kicks Freestyle (kick pad) 20	Front kicks and Roundhouse kicks combined (stepping) with or without stepping
		KATA: Taikyoku-shodan: Up to the 1st kiai point	KATA: Taikyoku-shodan- complete + L2 for Junior Black Belt exam
Self defense skills	Self defense skills of the term (if any highlighted)	Self defense skills of the term (if any highlighted)	Self defense skills of the term (if any highlighted)
Character; Manners Self-discipline, Self control	Practice habits: Parent /teacher Evaluation	Practice habits: Parent /teacher Evaluation	Practice habits: Parent /teacher Evaluation
- Agility - Balance - Co-ord. - Speed - Think Fast Move Fast!	Powerhouse Obstacle Course <u>if</u> highlighted as "Focus of the term". Ask for clarification if not sure what the focus of each term is		
Focus of the term 	Usually a few techniques and/ or exercises are introduced or highlighted each term, referred to as " Focus of the Term " on top of the standard requirements above - or in place of some- that all students are expected to learn It's expected of all students to know what the "Special Skills" is (<i>e.g. Roundhouse kicks or Choke hold release self defense applications</i>)		

- You are expected to prepare and take your exams at the end of every term, unless you've been asked to "skip" an exam
- Not everything listed here is necessarily asked of you in your exams. But you should come in ready and on top of all, and remember that your performance is assessed in every class you attend. Perform your best every step of the way, not only in exams

NOTE:

For JUNIOR BLACK BELT exam you must be able to recite the STUDENT CREED by heart with a strong confident voice

STUDENT CREED

I am a martial artist

I intend to, develop myself, mentally and physically,
to the highest level, and to avoid, anything, that would reduce my health or progress

I will overcome, any challenges, with patience, and self-discipline,
and will never give up on my goals

I am dedicated. I am motivated. I am a martial artist.

I Respect All, and..., Fear None



winners never quit. quitters never win