

## Grading Requirements - Junior levels

What we are testing ↓	Testing for Junior Yellow to High-red	Testing for Junior Green up to High Blue	Testing for Junior Brown to Junior Black 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 Skip the line - front n back	Jumping jacks Skip-the-line front, back + side to side	Jumping jacks Skip-the-line front, back + side to side
		Jump-Rope - 10 times +	Jump-Rope - 20 times +
-Strength	Superman push-ups 20 times	Superman push-ups 30 times	Superman push-ups 40 times
- Flexibility	Roll back: toes to the floor	Roll back: <u>toes</u> to floor	Roll back: <u>Balls</u> of the feet to reach the floor
		Splits - elbows to floor	Splits - elbows to floor aligned with toes
Agility - Timing - Precision	Balloon Game- Punch OR Kick OR mix - 1 min	Balloon Game 1 min kick AND punch	Balloon Game - 1min. - Kick n Punch +Flying Kicks
TECHNIQUE & KATA - Power - Athleticism - Co-ordination - Speed - Agility -Precision -Focus	Lunge P. > Reverse P. > Jab > Straight punch	Lunge P > Reverse P > Jab > Straight punch	Block punch combinations (sambon/Triple)
	High block	High block and Low block +reverse punch	High block, low block, reverse p., Front kick (on spot)
		<b>KATA:</b> Taikyoku-shodan: Up to the 1st kiai point	<b>KATA:</b> Taikyoku-shodan- complete for Junior Black Belt exam: + L2
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!	<b>Powerhouse Obstacle Course</b> <u>if</u> highlighted as "Focus of the term". <b>Ask</b> for clarification if not sure what the focus of each term is		
Special Content	If any, everyone will be informed at the beginning of each term - <b>unsure what it is? ask</b>		

- You are expected to prepare and take your exams at the end of every term, unless you've been asked to skip the test
- For JUNIOR BLACK BELT exam you must be able to recite the STUDENT CREED with strong confident voice

**winners never quit. quitters never win**