

## 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 - Focus	Jumping jacks + Skip the line - front n back	Jumping jacks + Skip the line - front n back	Jumping jacks + Skip the line - front n back
-Strength	Superman push-ups: 20 times	Superman push-ups: 30 times	Superman push-ups: 40 times
- Flexibility	Roll back: <u>toes</u> 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 aligned with toes	Splits - elbows to floor aligned with toes	Splits - elbows to floor aligned with toes
Agility - Timing - Precision	Balloon Game: Punch OR Kick 30 secs	Balloon Game: punch AND kick: 1 min	Balloon Game: Kick n Punch + Flying kicks: 1 min
<b>TECHNIQUE &amp; KATA</b> - Co-ordination - Speed - Agility -Precision -Focus	> Straight punch on horse stance Lunge Punch > Reverse Punch > Jab	> Straight punch on horse stance Lunge Punch > Reverse Punch > Jab	> Straight punch on horse stance Triple punch combination + front kick
	High block	Low block reverse punch AND High block	Low block reverse punch AND High block
		<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)
Etiquette; Manners, Focus Self-discipline, Self control...	Practice habits: Parent /teacher Evaluation	Practice habits: Parent /teacher Evaluation	Practice habits: Parent /teacher Evaluation
	<b>Special Content of the term:</b> if any everyone will be informed as to what it is exactly, early on each term. If unsure what it is ASK		
dedications	Attendance / Consistency in training	Attendance / Consistency in training	Attendance / Consistency in training

- 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**