

RED SUN



SHOTOKAN KARATE

Grading & Competition – Rules & Regulations

GRADING – KYU GRADES (Coloured Belts)

There are three requirements each student must meet to be considered for any grading. These are:-

1) **Standard** – Must be able to perform the Syllabus to a satisfactory standard with good discipline during classes. At some point, every student comes to a particular grade where they struggle to learn a particular syllabus. When this happens, it is always better to wait until the next grading instead of attempting and failing. At Red Sun we pride ourselves on the fact we send every student to grade when they are fully prepared whereas other clubs grade every student on every grading causing a large number to fail.

2) **Attendance** – A minimum of 25 lessons in between gradings's. (15 lessons for Novice-10th Kyu / 20 lessons for 9th-8th Kyu). On Average there are 36 lessons in between gradings. To be eligible to grade on consecutive gradings, you must attend a minimum of 25 out of a possible 36 lessons. However, we understand that from time to time some students have work or holidays and therefore do not meet the minimum. If these students do not meet the minimum 25 lessons, they can be carried over and count towards the next grading so long as attendance stays above 50%.

3) **Pre-Grading Assessment** – Before every grading, we hold a couple of pre-grading assessments which will test you on all aspects of our syllabus and discipline in an exam style assessment. To gain selection for your grading, you must successfully pass one of these pre-grading assessments.

GRADING – KYU GRADES (Brown Belts)

1) **Standard** – Must be able to perform the Syllabus to a good standard with excellent discipline during classes. The three Brown Belt Grades are the stepping stones to Black Belt and therefore students must perform to a very good standard.

2) **Attendance** – A minimum of 40 lessons and 6 months since the previous grading with a minimum attendance of 75%

3) **Pre-Grading Assessment** – Before every grading, we hold a couple of pre-grading assessments which will test you on all aspects of our syllabus and discipline in an exam style assessment. To gain selection for your grading, you must successfully pass one of these pre-grading assessments.

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GRADING – DAN GRADES (Black Belts)

For any student wishing to take a Dan Grading, the following rules apply:-

- 1) **Standard** – Must be able to perform the Syllabus to a High Standard.
- 2) **Attendance** – A minimum attendance of 75% in the 12 months before and after the Dan grading taking place.
- 3) **Pre-Dan** – Each student must successfully pass a pre-dan assessment.
- 4) **Portfolio/CV** – Each student wanting to attempt a Dan grading must put together a CV/Portfolio of Karate giving details of their goals and achievements in Karate
- 5) **Membership** – Each student has trained for the minimum number of years prior to taking a Dan Grading with unbroken membership. If you let your licence expire, your waiting time re-starts.

COMPETITION

For Local and Inter-Club tournaments, you must attend more than 50% of all lessons leading up to the tournament to be eligible for selection. Anything below this would prevent selection.

For Regional and National tournaments, a minimum attendance of 75% is required to be eligible to be put forward for Yanagi Kai Squad Selection.

- **(Red Sun) Club Squad - Local/Inter-Club**
- **(Yanagi Kai) Association Squad - Regional/National**
- **(Northern Regional) Regional Squad - Inter-Region/International**
- **(England) National - International**
- **Team GB - Olympics**