

SYLLABUS AND GRADING REQUIREMENT

NOTES

At the bottom of your syllabus are the requirements for your next grading. As you progress through the belts you become faster, fitter, and stronger. Your overall health and general wellbeing improves. You will face challenges along the way that may take you out of your comfort zone. Only then will there be long term and lasting improvement in your overall quality and attention to life. By accepting these challenges you make a commitment to yourself. As you slowly learn to manage your body and mind with more precision, the new sense of calm and stillness will lead to an ongoing path of self-discovery. This will have a profound effect on you and the people around you. Make the commitment to your improvement in constant and consistent stages.

MINIMUM GRADING REQUIREMENTS

The minimum requirements are set out for each belt level. As long as you pass the minimum requirements you are eligible for grading. There are a wide range of skills tested as you progress through the belts. Depending on your age, fitness, level, physical capabilities, you may be asked and/or choose to do more than is required. We can set an individual test for you based on your needs at the beginning of the training period.

DEVELOPING A COMMUNITY

From Green Belt and above we have included a requirement called "Service". By offering assistance to new people that have just come in for a class; introducing yourself, showing them where to stand at the beginning of class, checking in with them at the end of class to see how they enjoyed it, you actually begin to feel a great sense of satisfaction by putting the needs of other people ahead of your own. From Blue Tip you will need to assist in a couple of children's classes. What a terrific way to use your martial arts knowledge and power to enhance the lives of the children. It's no big deal, just arrive a little before your regular class and hold some pads. Just see how it makes you feel. From Blue Belt you may be required to assist in regular training. For example you may assist with White Belts or anyone else that needs assistance.

EXTRA FITNESS REQUIREMENTS

The progression from belt to belt is designed to push you a little harder at each level. The tasks are very achievable if you work consistently and regularly. Create the habit with your training and aim to make it part of your daily ritual. The next page provides a guide to how you might improve fitness as you progress through the belt levels.

TEACHING

From RED belt there is a teaching section that needs to be ticked. You will be guided through the process of assisting the teaching of the Adult program.

SPARRING

Non-contact sparring is conducted within normal classes.

For those who would like to try a more robust approach then sparring classes and workshops are provided.

Students who are preparing for black belt grade testing are strongly encouraged to undertake the sparring classes. However sparring classes are optional and are not compulsory.

