

Grading is not the most important thing in Karate, but it does allow us to gauge our progress. It is a tool to help ourselves and others to maximize our training and development. This is important to understand when preparing for examination.

What determines your preparedness to take on an examination are numerous. There is not just one factor when deciding whether we are ready to take the next step.

How you train, when you train, regularity of training, technical development, etc., are just some of the other factors. Use this not only as a tool to prepare for gradings but also to make some training and commitment decisions.....

Juniors should be training 2 times per week until blue belt, and then should be trying for 2.5-3 times per week. If training twice per week a student will have the required classes of 35 in about 5 months. A junior ranked member working towards 4th kyu or higher must have 50 classes minimum and at 2.5-3 classes per week should take about 5 to 6 months as well.

Adults should be training about twice per week until orange belt and then should increase to 3 hours per week. For brown and black belts an average of 4 to 5 hours per week is normal. Adults may grade after 35 hours of training or about 4-5 months if training two times per week, or 3 months if training 3 or more times per week. 3 months is the minimum required time between belts. After Green belt adult students require 60 hours of training which still can be done in 4-5 months if training increases to 4 times per week.

All brown belts are required to have an average training commitment of 3 times per week.

ALL JUNIOR AND ADULT MEMBERS MUST TRAIN REGULARLY. If you reach 50 hours but it took you 8 months to reach the 50 hour mark, you may still not be ready due to physical conditioning and inconsistent improvement in your skills.

ALL JUNIORS MUST TRAIN TWICE PER WEEK EVERY WEEK THE MONTH PRIOR TO EXAM.  
ADULTS MUST TRAIN 3 TIMES PER WEEK MINIMUM IN THE LAST MONTH PRIOR TO EXAM.

8th kyu-6th kyu- requires training of 30-40 hours of training from last exam with at least 10 classes in the last month prior to exam. The hours should take place in a reasonable time-Minimum 4 months, maximum 8 months. If in excess of 8 months between gradings, more hours total required.

5TH Kyu -3rd Kyu- requires training of 40 -50 hours of training from last exam with at least 10 classes in the last month prior to exam. The hours should take place in a reasonable time- Minimum 5 months, maximum 1 year. If in excess of 1 year between gradings, more hours may be required. Student must have at least 4 special entries in passbook (Such as open sessions, clinics, seminars, tournaments) before 5th kyu exam. Then one additional one after each grading besides examination attended session.

2nd Kyu- 1st Kyu- requires training of 50 -70 hours from last exam of training with at least 14 classes in the last month prior to exam. The hours should take place in a reasonable time- Minimum 6 months, maximum 18 months. If in excess of 18 months between gradings, more hours may be required. Must have a total of 10 special sessions, and 2 B&B clinics for 2nd Kyu exam and an additional 5 Sessions before 1st Kyu. Must also have at least 6 other attended events in passport besides open sessions and B&B

Shodan- requires training of 100 hours since last exam, with at least 14 classes in the last month prior to exam. The hours should take place in a reasonable time- Minimum 1 year, maximum 18 months. If in excess of 18 months prior to gradings, more hours may be required. Must have a total of 12 B&Bs and at least 15 other NASKA clinics accredited in passport. Must have at least 8 other extra curricular activities in passport. Must have assisted in at least 10 classes, and taught at least 2.

Dan level requirements

### **Shodan**

- Book report
- Out of comfort zone project
- Letter of intent
- Minimum sessions B&B and extra curricular activities

### **Nidan**

- Book report, research paper
- Achieve something- Refereeing level, NCCP courses, research, open Dojo, NASKA executive, coaching (at least 2)
- Teaching requirements- 20 classes completely on own plus an additional minimum of 25 assisted classes.
- Minimum c level referee, regular competitor, or regular instructor

### **Sandan**

- Research paper,
- Achieving something(at least 3)
- Instructors clinic or very high number of B&B 40??
- Dojo of own or significant instruction at main Dojo
- Must be taking JKA instructors course, KBC refereeing course level c minimum, a regular competitor at least at provincial level, or a regular instructor, preferable 2 of these 5.