



SUSSEX SHOTOKAN KARATE DO

KYU GRADING FORM (Please complete in CAPITALS) IN CONFIDENCE

Full Name _____ Date of Birth _____

Home Address _____ Age in Years _____

_____ Male/Female _____

_____ Present Grade _____

Home Tel No _____ Date Achieved _____

Parent Club _____ Licence No: _____

EXTRACTS FROM THE SSKD RULES AND REGULATIONS

GRADINGS 1st Kyu to 2nd Kyu

There is a minimum 3 month interval between Kyu gradings. All Karateka must train at least TWICE a week to complete an average of 24 sessions, which will be needed to grade.

GRADINGS 1st Kyu to 1st Dan

There is a minimum 6 months interval with an average of 48 sessions needed to become eligible to grade. All Karatekas 3rd Kyu and above must attend the Brown and Black courses and any other courses provided by the SSKD.

GRADINGS Junior Dan Gradings

No Junior will be allowed to grade Shodan before the age of 11 years old, Nidan at 14 years and Sandan at 18 years. It must be understood that when you reach the age of 18 years, whichever junior grade you are, it must be taken as an adult grade. (This rule could be waived under certain circumstances).

GRADINGS Adult Dan Gradings

All Dan Grades must observe the minimum intervals between each grade. You must also attend all the Black and Brown belt courses and any other courses arranged by the SSKD. Please be warned, you WILL NOT be allowed to attempt your next Dan grade unless all above conditions are met.

Please return this form together with correct grading fee, Dan gradings £35, Adults £15, Students £10 and Juniors £8 (Cheques payable to SUSSEX SHOTOKAN KARATE DO) and your grading book at least 10 days before the grading, to your Club Instructor. NO application will be accepted after this date. (Please check that your Licence is up to date before your grading). Please give details of any disability or other health factor that the grading examiners should be aware of, (in the absence of information provided, a good state of health and physical capabilities will be assumed). Complete over page if necessary.

Signed _____ Date _____

Signature of Parent Club Senior Instructor _____

I am aware that the above named will be taking a Kyu grade on _____