

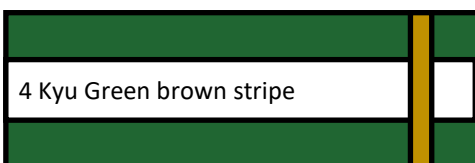


## SHMAA - Advanced Tiger Grading Requirements As from January 2018



5 Kyu Green

You are going to hear “practice, practice, practice” a lot. The reason is because you need to practice as you can in order to reach Tiger Black Belt. This is where Sensei and the other instructors will be watching you very closely to see which areas you need more work on. Your behaviour in class must be of the highest level because you are an example to the other students.



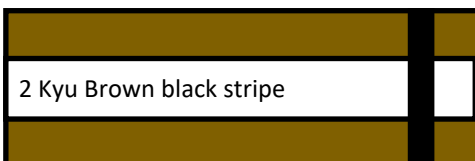
4 Kyu Green brown stripe

**Green Belt Core Skills: Basics (Kicks Punches and Blocks) Kumite 3 and 2 with partner, FugKyu Kata Dai Ichi Individually, Fugkyu Kata Dai Ni Individually, Sanchin and Kata Kanshiwa Individually.**



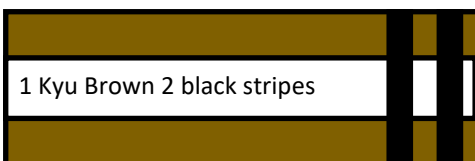
3 Kyu Brown

Students need to be able to perform all Kata Individually. Sensei is watching you in order to help you achieve your Tiger Black Belt. You will be assessed on not only your Karate skills but also your attitude, focus and behaviour in class.



2 Kyu Brown black stripe

At this stage you may be asked to help with teaching the class and acting as a mentor to the lower grade students.



1 Kyu Brown 2 black stripes

**Brown Belt Core Skills: Basics (Kicks Punches and Blocks) Kumite 3 and 2 with partner, FugKyu Kata Dai Ichi Individually, Fugkyu Kata Dai Ni Individually, Sanchin, Kata Kanshiwa Individually and Kata Kansu Individually.**



Tiger Black Belt

After your 1Kyu grading you will need to train for at least 6 months more to be considered for you Tiger Black Belt. You will need to know everything you needed for 1Kyu grading.

Congratulations you have achieved your first Major milestone. However there is still much to learn.

**Welcome to the Juniors Class where your journey continues.**