



## SHMAA - Beginner Tiger Grading Requirements as from January 2018



You will start to learn the following skills. Basic stances, punches, kicks, blocks, kumite 3 and Kumite 2. At your first grading at approx. 3 months you will perform these skills in a group.

After approximately 6 months your second grading will come up its time to show us how much you have improved on those basics, you will also start to learn your first Kata (KugKyu Kata Dai Itchi). As with the last grading you will perform all of your skills in a group.

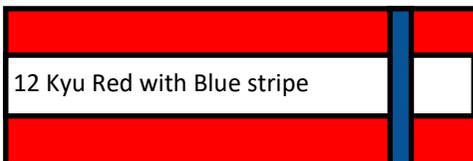
**Yellow Belt Core Skills: Basics (Kicks Punches and Blocks) Kumite 3 and 2 Singular**



At this stage you should have a strong grasp of the basics and be able to perform them without too much hesitation. You should also know the sequence of KugKyu Kata Dai Itchi and are well on the way to learning your second Kata KugKyu Kata Dai Ni. You will perform these skills in a group.

After 1 year of training you should be able to perform Kugkyu Kata Dai Itchi by yourself, your basic skills are improving and your confidence is rising. Don't let all this knowledge make you over confident there is still a lot more to learn.

**Red Belt Core Skills: Basics (Kicks Punches and Blocks) Kumite 3 and 2 Singular FugKyu Kata Dai Itchi**



After approximately 1 year of training you should have a strong grasp of the basics and be able to perform them without too much hesitation. At this point you should know the sequence of KugKyu Kata Dai Itchi and are well on the way to learning your second Kata KugKyu Kata Dai Ni. You will perform these skills in a group however you may be asked to perform KugKyu Kata Dai Itchi by yourself at a grading.

After a year and a half you should know all the Blue Belt Core skills.

**Blue Belt Core Skill: Basics, FugKyu Kata Dai Itchi Group and Individual, FugKyu Kata Dai Ni Group and Sparring**

