

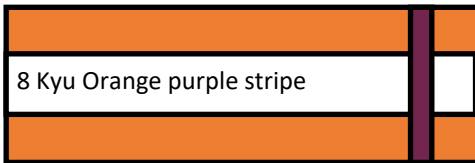


SHMAA - Intermediate Tiger Grading Requirements As from January 2018



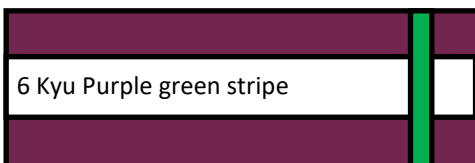
By this point you not only know the basic's, you can perform them with correct technique and you are starting to produce power as well. Things may seem as though they are getting a little boring but remember the secret to Karate is to practice your techniques until they become second nature, in other words you don't need to think so much about what you are doing.

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



You are at the half way mark, keep going, there is still a lot to learn. You are going to be hearing things like FOOTWORK / DEFENSE / COUNTER ATTACK, you will also be introduced to Sanchin Kata which is all about FOCUS, POWER and SELF CONTROL. Remember you have already come a very long way and you are improving everytime you come to training.

Purple 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.



6 Kyu Purple green stripe