



Seiken Ryu Karate Association

CLUB RULES

Grading examination requirements

1. Candidates must have an up to date licence and present it at the grading.
2. The minimum amount of lessons as listed below.
 - When taking yellow, orange, green, blue and purple belts 20 lessons in a period of not less than 3 months.
 - When taking all brown belts 46 lessons in a period of not less than 6 months.
 - Students may not attempt black belt in under three years from the date of their first grading.

All the above at the discretion of the Sensei.

Dojo etiquette

Respect is an essential part of our karate training. Not only respect for our senior grades but also the junior grades and we should always remember that we were all once beginners.











How we show respect:

- Bow when entering and leaving the dojo, making sure you are facing inwards towards the dojo when you do so.
- Remain silent in the line when the Instructor is teaching, so as not to distract the other students.
- Turn up on time for classes.
- Pay attention at all times to your Instructors and always give 100%.
- Keep a tidy appearance i.e. a clean and ironed Gi.
- Cleanliness, tidy hair, clean hands, short and clean finger and toenails.

We want your training to be a positive experience. Applying these simple rules will make it so for everybody.

The grading system

The grades are based upon a Kyu and Dan grade system - Kyu representing a coloured belt system and a Dan black belt system.

White belt		=	9th Kyu
Yellow		=	8th Kyu
Orange		=	7th Kyu
Green		=	6th Kyu
Blue		=	5th Kyu
Purple		=	4th Kyu
Brown 1 tab		=	3rd Kyu
Brown 2 tabs		=	2nd Kyu
Brown 3 tabs		=	1st Kyu
Black 1 red tab		=	1st Dan

The black belt system continues from here with time restrictions imposed by the E.K.G.B., adding red tabs to the belt as higher Dan grades are achieved, e.g. two years minimum to 2nd Dan, 3 years minimum to 3rd Dan and so on.

To achieve new grades a student has to first attend a set amount of lessons in which time they learn a set amount of the syllabus. They are then eligible to attend a formal grading. Gradings are conducted by the association four times a year in March, June, September and December. Black belt gradings are separate and once a year when required.