

Adult Belt Grading Standards

Three areas of competency are required for each belt: (1) Knowledge, (2) Ability, (3) Time, Attitude & Character or Martial Spirit. Instructors award belts after a person demonstrates quality character within the knowledge & ability guidelines outlined below.

		KNOWLEDGE (understand technique: <u>Strike/Block/Kick/Q</u> ther)	ABILITY (maintain in condition: <u>Slow/Med/Fast</u>)	TIME, ATTITUDE, CHARACTER/SPIRIT
Awarded at Local Clubs when Brown+ Instructors Deem Appropriate	RED	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Taikyoku Shodan, Nidan, Sandan (1-3) ◦ Heian Shodan (1); introduce Tekki 1 (if ready) ◦ Q: Seiza, Fudodachi, Zerkutsu, Kokutsu, Kibadachi <p>Kihon:</p> <ul style="list-style-type: none"> ◦ S: Oi-tsuki, Gyaku-tsuki ◦ Q: Hiki-te ◦ B: Gedan/Teicho Bara i, Ude/Age-uke, Uchi-Komi ◦ K: Maegeri, Fumikomi ◦ Ten-no Kata <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Sanbon Kumite ◦ Q: Irimi (group line static & group line moving) 	<ul style="list-style-type: none"> ◦ Follow & Lead Taikyoku 1-3 (S/M) ◦ Follow Heian 1 (S/M/E) ◦ Follow Tekki 1 (S) (if ready) ◦ Make basic posture shapes ◦ Make basic technique shapes (S) ◦ Move in harmony with partner (S) ◦ Perform standing and in posture (S) ◦ Manage condition w/other red belts (S) ◦ Harmonize irimi w/group static & moving 	<ul style="list-style-type: none"> • About 4mo, 2-3x/wk. • Attentive, excited to learn, asks questions, can focus on exercises. • Is humble (i.e. listens to and accepts correction), is respectful, can recite mission statement and motto from memory.
	ORANGE	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Heian Nidan, Sandan, Yodan, Godan (2-5) ◦ Tekki Shodan (if not already introduced) ◦ Taikyoku Shodan with Bo Staff <p>Kihon:</p> <ul style="list-style-type: none"> ◦ S: Mae-te, Uraken ◦ B: Gedan/Teicho Bara i, Ude/Age-uke, Uchi-Komi ◦ K: Kekomi, Keage ◦ Ten-no Kata and Sanbon Kumite (block on third) <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Q: Irimi (paired continuous passing) ◦ Q: Counters (added appropriately to strikes) 	<ul style="list-style-type: none"> ◦ Lead Taikyoku 1-3 (E), Follow w/Bo (S) ◦ Lead Heian 1 (S/M/E) ◦ Defense harmonizes with attack static ◦ Recognizes in correct and correct timing ◦ Shapes getting more structurally sound ◦ Execute techniques correctly moving (S) ◦ Techniques harmonize w/partner moving (S) ◦ Starting to settle in posture when static 	<ul style="list-style-type: none"> • About 8-12mo, 2-3x/wk. • Pushes self to higher levels; is beginning to assist others at times. • Applies correction, can maintain focus from one exercise to another; starting to give intense effort toward partner.
	GREEN (assistant instructor)	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Tekki Nidan, Sandan (2-3) ◦ Taikyoku Shodan with two Bokken ◦ Kanku Dai, Bassai Dai <p>Kihon:</p> <ul style="list-style-type: none"> ◦ S: Mae-te, Uraken, Tetsui ◦ B: Shuto-uki, Moro-te Uki ◦ K: Mawashi-geri ◦ Q: Counters (spontaneous) ◦ Sanbon Kumite (block on 1st, 2nd, or third) <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Q: Irimi (paired continuous—clear pass & 1 step) ◦ Q: Jyu-ippon Kumite (some equal-initiative sparring) 	<ul style="list-style-type: none"> ◦ Lead Heian 1-5 (S/M/E) ◦ Lead Tekki 2-3 (S/M) ◦ Follow Kanku Dai, Bassai Dai (S/M) ◦ Techniques begin to effect partner (M/E) ◦ Muscle control to touch vs. smash (S/M) ◦ Chooses some effective timings (S/M) ◦ Beginning to be settled while moving ◦ Moving is unhurried, smoother, timed ◦ Begin to employ trunk as well as posture 	<ul style="list-style-type: none"> • About 1-2yrs, 2-3x/wk. • Enjoys practice & often assists others' practice. • Asks for correction and feedback, can lead some exercises, can focus throughout practice, can give intense attacks w/some speed & power.
Awarded by Presidency/Technical Group at Weekend or National Courses	BROWN (local club instructor)	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Hangetsu ◦ Meikyo ◦ Matsukaze <p>Kihon:</p> <ul style="list-style-type: none"> ◦ S: Empi, Shomen-uchi ◦ B: Shuto-uki, Moro-te Uki ◦ K: Mikazuki-geri, Combinations <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Q: Jyu-ippon Kumite (equal-initiative w/lower grades) ◦ Q: Kumite (controlled open spar w/lower grades) ◦ Q: Counters (intelligently adapted to situations) 	<ul style="list-style-type: none"> ◦ Lead Tekki 1-3 (S/M/E) ◦ Lead Kanku Dai, Bassai Dai (S/M/E) ◦ Follow Hangetsu, Meikyo, Matsukaze (S) ◦ Stable but fluid during technique execution ◦ Muscle-control for touch vs. smash (E) ◦ Recognize & use both 1st & 2nd timings ◦ Martial & Art aspects are merging ◦ Brings out the best in practice partners ◦ Focus & intensity delivers concentrated power 	<ul style="list-style-type: none"> • About 3-4 yrs, 2-3x/wk. • Enjoys teaching, travels, desires to start a club. • Works on personal improvement, disguises intent, relaxed & settled, penetrating power, can manage under pressure.
	1st Dan (national instructor)	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Hangetsu, Meikyo, Matsukaze ◦ Jutte, Sochin, Empi <p>Kihon:</p> <ul style="list-style-type: none"> ◦ B: Stop-hit Techniques, Aori-geri ◦ Q: Counters (added to Blocks and Strikes) ◦ S/B/K: Know all standard techniques <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Q: Kumite (all standard types) ◦ Q: Kumite (with dan-grades, equal-initiative) 	<ul style="list-style-type: none"> ◦ Lead Hangetsu, Meikyo, Matsukaze (M/E) ◦ Follow & Lead Jutte, Sochin, Empi (S) ◦ Perform & Teach w/effect on lower grades ◦ Demonstrates techniques w/exactness ◦ Learns from any belt grade they pair with ◦ Manage condition w/all lower grade attacks ◦ Understanding & applying muscle identity ◦ Focused, intimidating, effective attacks 	<ul style="list-style-type: none"> • At least 4 yrs, 2-3x/wk. • Passionate about AKDS, can take & give pressure, practices consistently. • Competent in moving, distance, timing, speed, power & penetration, is loyal to AKDS, is ready to or has started a club.
	2nd Dan (national instructor)	<p>Kata:</p> <ul style="list-style-type: none"> ◦ Meikyo, Sochin, Empi ◦ Bassai Sho, Kanku Sho, Jion, Jiin <p>Kihon:</p> <ul style="list-style-type: none"> ◦ S/B/K: Know & adapt all standard techniques ◦ Q: Counters (adaptive and ad-libbed on the fly) <p>Kumite:</p> <ul style="list-style-type: none"> ◦ Q: Kumite (all types) ◦ Q: Kumite (multiple attackers and equal initiative) 	<ul style="list-style-type: none"> ◦ Leads Meikyo, Sochin, Empi (M/E) ◦ Leads Bassai, Kanku, Jion, Jiin (S/M/E) ◦ Maintain focus and intensity regardless of level of partner they practice with ◦ Attempts execution standing, turning, etc. ◦ Attack/defense carry sophisticated focus and power (but full intent can be disguised) ◦ Design/implement course curriculum 	<ul style="list-style-type: none"> • At least 6 yrs, 2-3x/wk. • Has taught at least 1yr, or started at least 1 club, travels often to courses, works to learn/improve. • Fiercely loyal to AKDS, is willing & able to serve in a leadership capacity.
KDS	3rd-5th Dan	<p>These grades come by a 3-stage process: (1) AKDS Technical Group <u>recommends</u> candidates to the AKDS Presidency who then (2) <u>request</u> high grade advancements to Harada Sensei and the KDS Technical Executive who then (3) <u>award</u> the grades at national courses.</p>		<ul style="list-style-type: none"> • At least 8-10 yrs, runs courses, demonstrates high work ethic and quality character.