



Syllabus and Grading Requirements



Pre Red and RED belts grade every term

YELLOW belts and ABOVE training once a week grade every second term. YELLOW belts and ABOVE training TWICE a week have the opportunity to grade every term.

BLUE belts and ABOVE must enter 1 competition per academic year.

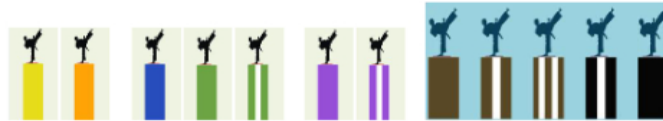
PURPLE belts and ABOVE must attend FIGHT NIGHT as part of the grading.

BROWN belts: Train twice a week and private tuition once a month.

FBB: Train twice a week and private tuition twice a month.

White, Pre-Red and RED belts will continue to attend termly karate exams.

Yellow belts and above



Yellow belts and above, who train ONCE a week will have the opportunity to grade every SECOND term. With this extra time, they will work on understanding and perfecting the basics and relevant kata to be prepared before their karate exam.

Yellow belts and above, who are able to train TWICE a week, will be able to participate termly in their karate exam.

Blue belts and above



In addition to the above training requirements:

BLUE belts and above need to participate in ONE competition per academic year. This is to build students' confidence and develop combative skills, resilience and stamina as well as developing exceptional sportsmanship.

There will be at least three competitions in a year, such as the FSKA Cup, for students to enter.

Please ensure you are aware of the dates for the next academic year so you are able to enter at least one competition.

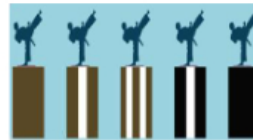
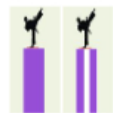
Why COMPETITIONS are part of the BLUE belt and Above Syllabus

Learning how to be combative is a useful and important skill to have in the real world. The theory of this is taught in classes however students need a safe environment to put into practice what they are learning during training.

Competitions help students to learn about the glory of victory and the hardship of defeat as well as help students understand and control feelings such as excitement and anxiousness.

Although winning and losing is what comes to mind for most people when they think of competition, there is much more to it.

Purple belts and above



In addition to the above:

PURPLE belts and above are required to attend FIGHT NIGHT, as part of their termly exam.

Please see further details below on FIGHT NIGHT.

New BROWN belts will skip the grading after they have become brown belts, this is due to an extensive list of new basic techniques needed for their next exam.

ALL BROWN belts need to train twice a week and have one private tuition class in a group of three students ONCE a month.

BROWN belts and ABOVE plus colour belt ADULTS are required to attend special seminars as and when these are communicated by FSKA UK.

Details are communicated in newsletters or on an individual group basis.

FUTURE BLACK BELTS (FBB) are required to train TWICE a week and have private tuition in a group TWICE a month. Future black belts students are nominated in July/August and receive an official letter of invitation from Kyoshi Debi before the start of the September term.



FIGHT NIGHT @ the German School, TW10 7AH

Mandatory for all PURPLE belts and above as well as all adult students due to participate in this term's karate exam.

The Fight Night is relevant and compulsory to attend for all due to grade this term who are **purple belt and above** as well as our adult students, who are yellow belt and above.

This sparring event forms part of the grading and students will be tested physically and mentally. Sparring techniques will be examined as well as endurance. Rules for the fight night will be explained and made clear before each session commences.

Unacceptable behaviour will not be tolerated.

What competitions can students enter?

FSKA CUP:

Hosted by our club once a term. The competitions usually take place in the London Borough of Richmond. The competition is open to all students. Beginners to RED belts can enter KUMITE (sparring) events whilst YELLOW belts and ABOVE can enter various KUMITE and KATA events.

Kenneth Funakoshi World Karate Championship:

Hosted by Kyoshi Debi and FSKA UK (our organisation) once every two years. The championship usually takes place at the K2 Centre in Crawley, UK. This is an international event open to all students from Shotokan Karate clubs worldwide.

Various interclub competitions hosted by external clubs:

These competitions are by invitation only from other clubs and are only open to our FSKA UK junior and senior squad members.

Invitational international competitions:

Invitations may be extended to all FSKA UK students on occasion such as to the Malta Open Championships. Details of these competitions are communicated in our newsletters.