



# Funakoshi Shotokan Karate UK

## KYU grades

Colour belt students training once a week will grade twice before moving to next kyu, 1st: Kihon, 2nd: Kihon+Kata. Students training twice a week will grade with Kihon+Kata each grading. This is applicable up to end of 3rd Kyu. **We strongly advice students to train twice a week.**

船越  
松涛館  
空手英国

### DANS



JUNIOR 12 to 17 years old

1<sup>ST</sup> KYU



2<sup>ND</sup> KYU



3<sup>RD</sup> KYU



4<sup>TH</sup> KYU



5<sup>TH</sup> KYU



6<sup>TH</sup> KYU



7<sup>TH</sup> KYU



8<sup>TH</sup> KYU



9<sup>TH</sup> KYU



10<sup>TH</sup> KYU



11<sup>TH</sup> KYU



12<sup>TH</sup> KYU



Kihon (Basics)

Kihon + Kata

**\*\*Please read on for further information on the KYU grade journey and REQUIREMENTS as of 8th, 5th and 3rd kyu.**

Students training **ONCE** a week will grade twice before moving to the next KYU (12-4th):

- 1st: Kihon (basics exam)
- 2nd: Kihon and Kata (basics and kata in one exam)

Students training **TWICE** a week will grade automatically with Kihon and Kata at each grading - this is applicable up to end of the 3rd Kyu.

**>> We strongly advise all students to train twice a week.**

## Requirements as of 8th KYU

(any belt with a blue colour and above Kyu)

8th KYU and above students must attend one competition in an academic year.

**At FSK hosted competitions students must enter one kata and one kumite event.**

There will be at least three competitions in a year to compete in, such as the FSK Cup or other national or international competitions. See our **EVENTS** page for more information on competition options and dates. **Please ensure students are aware of the dates for the academic year to ensure the student fulfills this requirement for their KYU grading.**

Failure to fulfill this requirement by mid of the autumn term will **result in the student not able to grade at the end of the autumn term.**

## Why competitions form part of the 8th Kyu 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 also help students learn about the glory of victory and the hardship of defeat as well as help 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.

## Requirements as of 5th KYU

(any belt with a purple colour or with brown/brown-white/brown-black or black belts)

In addition to the requirements for 8th Kyu, the 5th Kyu and above students need to attend **FIGHT NIGHT** as part of their termly exam. \* **Please read on for FIGHT NIGHT details.**

## Requirements as of 3rd KYU

(belts with the colours brown/brown-white/brown-black or black belts)

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## Requirements as of 3rd KYU

(belts with the colours brown/brown-white/brown-black or black belts)

All 3rd Kyu and above students must train twice a week. 3rd to 1st Kyu students must also attend one private session in a group of 3 once a month.

In addition to all aforementioned requirements as of 8th & 5th Kyu please note that 3rd Kyu and above plus adults must attend **seminars**. This includes the FSK annual seminar held in October or November each year. Please check the **EVENTS** schedule for **dates**.

## Future BLACK Belts, Future NIDANS other future DAN grades

**Students are selected for the one year journey & preparation at the summer grading & training day.**

Students will receive a letter from Kyoshi Debi with further details about the 1 year journey.

Selected students are required to train TWICE a week and attend private tuition in groups of 3 TWICE a month. All aforementioned requirements (eg seminar and competition attendance) are also relevant to this group of students.

## FIGHT NIGHT

**Mandatory for 5th kyu and above students plus all adults.**

The Fight Night forms part of the grading for all 5th kyu up to and including Dan grades and is therefore mandatory to attend. A student will not be permitted to grade at the grading & training day if this part of the exam is missed.

All colour belt adults are also required to attend the Fight Night.

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. Unacceptable behaviour will not be tolerated.

VENUE : Usually the event is held at the German school, TW10 7AH, for all 5th Kyu to DAN grades. Alternative option for 4th and 5th KYU in Kennington. TBC each term.

FEE: A £12 fee for the exam will be invoiced out with the main grading day invoice.

MANDATORY KUMITE KIT: Each student is required to bring their own pair of mitts and mouthguard. Male students must also have a groin protection.

**[For the EVENTS SCHEDULE & DATES click here](#)**

