

SOLIS ORTUS KATA AND AGE GRADING REQUIREMENTS

when grading to your next belt level it is compulsory that you know your new kata together with all previous katas needed for previous gradings

BELT level		Kata	Number of moves
to		Heian Shodan	1 - 21
to		Heian Nidan	1 - 26
to		Heian Sandan	1 - 20
to		Heian Yondan	1 - 27
to		Heian Godan and Tekki Shodan	1 - 23
to	3rd Kuy	Jion	1 - 47
3rd Kuy	2nd Kuy	Bassai Dai	1 - 42
2nd Kuy	1st Kuy	Empi	1 - 37

**AGE REQUIREMENTS FOR VARIOUS BELT LEVELS:

Senior Grades - 14 years and above (the year they reach 14)

If you start with Junior Belt Qualifications you cannot jump to the Senior Belt Qualifications, regardless your age; as the grading curriculum differs and is more advanced.