

GRADING POLICY

(White Belt – Kuy 1/JNR Black)



Note:

Solis Ortus holds the right to make changes to the policy as it is still in Draft version.

1. GOAL

Grading from White Belt to Kuy 1/JNR Black represents the stepping stones for a student/karateka to achieve their highest goal in karate - to be a Black belt.

For each belt level a student/karateka needs to demonstrate the minimum competency level for each of the basic techniques (“kihon”), basic forms (“kata(s)”) and sparring techniques (“kumite”). This is required for their specific belt level before they can move on to the next level.

It should be noted also that there is a direct correlation between the amount of time invested in training (e.g. regular class attendance) and the time it takes to attain the minimum competency level that is required for grading purposes.

2. OBJECTIVE

Like all karate clubs, **SOLIS ORTUS** has a grading process that allows all students to proceed through their respective belt levels, or grades, signifying their growth and development. The Solis Ortus grading system is endorsed by **JKA International**.

Consequently, in order for a student’s progress to be recognised from one belt level to the next, it is compulsory for all Solis Ortus students to go through the grading process.


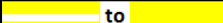

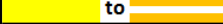

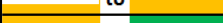

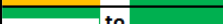

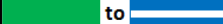

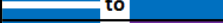

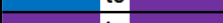

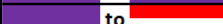

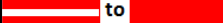

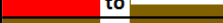

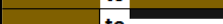



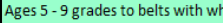

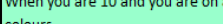

3. BELT LEVELS/CURRICULUM

Within Karate, there are certain grades of competency that is represented by the different coloured belts. **These belts are:**

- ✓ White, Yellow 1, Yellow, Orange 1, Orange, Green 1, Green, Blue 1, Blue, Purple 1, Purple, Red 1, Red, Brown 1, Brown 2, Brown, Q3, Q2, Q1, JNR Black 2 and JNR Black 1. Thereafter, the Karate student may grade for Shodan or first Black Belt during the National Grading by SAJKA.
- ✓ For an Instructor of Karate, it is important to regularly measure the progress of their students. This requires the evaluation of the student’s competency level and to make sure that the student has mastered the expected outcomes of his current syllabus/curriculum.
- ✓ **All karate students are normally divided into three age categories:**
 - Small
 - Children
 - Seniors

- ✓ The syllabus is applied differently to each of these groups. It is more difficult for the small children to master the outcomes of each level than it is for the older children or seniors group. It is extremely important to make sure that the foundation of karate is properly established. This is done during the White to Green belt levels.
 - ✓ Some parents are disappointed and feel that their children do not progress quickly enough if they do not grade to full colour belts on each grading. It must be realised that there are belt levels between each colour belts and that each of these levels represents a level of outcomes that must be mastered before they continue with the next level.
 - ✓ The small children do not master these levels in the same time as the older children and the same again between the older children and the seniors. It was found that if the small children's foundation is not properly developed during the white to green belt levels, their development at brown and Q levels are negatively affected as the foundation was not properly laid. The student was chasing belt colours and not perfection in karate. This normally leads with the student losing interest and not continuing with karate.
 - ✓ With the older children, progress varies depending on the commitment the student has towards his/her karate. The student is then rewarded with quicker progress during grading provided that the examination result is on the correct level. This means that the older children can be examined for two syllabuses at the same examination and therefore skip one belt. This however will only happen if the examiner is satisfied that the student has mastered the required techniques at the higher level.
 - ✓ This is normally instantly identified during the first evaluation at the grading. The examination requirements for seniors are different than that for children. Seniors are examined on full colour belt syllabuses. This combines the children syllabuses into one syllabus per belt colour.
 - ✓ The outcomes required for seniors are the same as that for children for the same colour belt. As a rule, seniors do master the techniques in a much shorter time as children and are therefore progressing quicker than children.
- **Minis**
 - Solis Ortus created a Minis karate group to develop and prepare smaller kids to excel as White belts in the normal JKA curriculum.
 - The Minis various from age 2-3 up to 5 years old. Their grading policy is different from the normal JKA National grading. They will also grade within a specific grading environment and have to excel in certain aspects to prepare them to reach full white belt level at the appropriate age.
 - They will have a White belt with Yellow/Orange and Green stripes to show their progress as SO Minis.
 - They will also grade at the same date as stipulated in the Solis Ortus calendar for Club grading.
 - They will be categorised under the Junior Belt Qualifications gradings; refer to Lifebook pages 8 – 9. They will grade from their Dinky belt to Yellow 1.
 - **Junior Grades**
 - **Junior Stripes** - White - Yellow 1 - Yellow - Orange 1 – Orange - Green 1 –Green - Blue 1 - Blue - Purple 1 - Purple - Red (up to 2 levels) - Junior Brown (three levels) - Junior Black (two levels).

- If you started karate and you are younger than 10 years, you will grade with **Junior Stripes** (as indicated above) until you reach your level to become a Shodan (Black Belt).
- If you started karate and you are 10 years old, you will grade to solid colours (no white stripe belts) and will continue until you have reached blue belt. If you are Blue 1 you have to grade to full Blue first, regardless the age. From Purple belt upwards you will start grading with stripes again. Refer to Lifebook pages 8 – 9 for Junior Belt Qualifications.
- When you are 10 years old and you started with a white stripe you will grade to next belt with a white stripe i.e. Orange 1 to Green 1 up to Blue 1. If you are on a solid belt you will continue to grade to solid colours. The reason is that each of these levels represents a level of outcomes that must be mastered before they can continue with the next level.
- 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.
- **The following table will explain the ages and belt levels the students can progress to:**

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 - 9 (1st Kia)
 to 	Heian Shodan	1 - 21 (whole kata)
 to 	Heian Nidan	1 - 11 (1st Kia)
 to 	Heian Nidan	1 - 26 (whole kata)*
 to 	Heian Sandan	1 - 10 (1st Kia)
 to 	Heian Sandan	1 - 20 (whole kata)*
 to 	Heian Yondan	1 - 13 (1st Kia)
 to 	Heian Yondan	1 - 27 (whole kata)*
 to 	Heian Godan and Tekki Shodan	1 -23 & 1 - 29 (whole katas)*
 to 	Jion	1 - 47 (whole kata)*
 to 	Bassai Dai	1 - 42 (whole kata)*
 to 	Empi	1 - 37 (whole kata)*
 to 	Kanku Dai	1 - 65 (whole kata)*
 to 		
 to 		
**AGE REQUIREMENTS FOR VARIOUS BELT LEVELS:		
Ages 5 - 9 grades to belts with white stripes i.e. white to yellow 1 to yellow to orange 1 etc;		
When you are 10 and you are on a belt with white stripe you will grade to next belt with white stripe i.e. orange 1 to green 1 to blue 1 etc; if you are on a solid belt you will continue to grade to solid colours		
If you start karate at the age of 10 you will only do solid belt gradings (no white stripe belts) i.e white to yellow to orange to green UNTIL you reach blue belt then you start grading with stripes again. The reason is because the level of grading becomes too intense for youngsters		

The following table will explain Senior Grades - 14 years and above (the year they reach 14):

SOLIS ORTUS KATA AND AGE GRADING REQUIREMENTS			
<small>*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*</small>			
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	to	2nd Kuy	Bassai Dai 1 - 42
2nd Kuy	to	1st Kuy	Empi 1 - 37
**AGE REQUIREMENTS FOR VARIOUS BELT LEVELS:			
Senior Grades - 14 years and above (the year they reach 14)			

- **Senior Grades - 14 years and above (the year they reach 14)**
 - White - Yellow - Orange - Green - Blue - Purple - Brown: Kuy 3, Kuy 2, Kuy 1 - Black (Dan gradings)
 - Purple belt students need to prepare 1 year before they can grade to Kuy 3, because of the huge jump in the curriculum, they need to prepare harder for their grading.
 - Faerie Glen purple belt students grading to 3rd Kuy must also train at the Menlyn dojo in 3rd class during grading preparation;
 - Kuy 3 students must learn in 3rd class and train in 4th class to prepare and complete curriculum
 - After Kuy 1 the student has a 1 year preparation period before they can grade to Shodan grading. This is compulsory according to the rules and regulations of Head Quarters JKA. (See Lifebook)

4. GRADING PROCESS

The minimum requirements of the grading process at Solis Ortus can be summarised as follows:

4.1. GRADING DAYS

At SOLIS ORTUS we believe that the minimum time required moving from one belt level to the next ranges between four (4) to six (6) months. As a standard procedure Solis Ortus established

a maximum of two (2) grading days (always on a Saturday) per year. These days usually occur shortly before the winter school holidays and towards the end of each calendar year before the schools close for the December break. The specific dates are usually set at the start of each calendar year and are communicated in January to all parents and students via the **SOLIS ORTUS** website and email.

If a student is unable to attend a pre-scheduled grading day, a special grading will be considered ONLY under the following circumstances:

- ✓ Hospitalisation
- ✓ Absent with a Doctor's Note
- ✓ Compassionate family responsibility reason on short notice; or
- ✓ Any unforeseen emergency

No special grading will be granted for:

- ✓ Other sport's activities
- ✓ Family holidays / weekend away
- ✓ Prior booked arrangements

Sensei Eugene reserves the right to organise a special grading day subject to him being informed about the absence in writing on or before the pre-arranged grading day. No special grading will be available to any student for any other reason.

4.2. CLASS ATTENDANCE

Class attendance is compulsory. A karateka has to attend at least 14 classes per quarter, meaning that he/she has to attend no less than 28 classes between every grading day. The only exception to this requirement will be for new students grading from white belt to yellow belt who may have only joined the club a few weeks after the previous grading day in which case they may not be able to attend up to 28 classes. However, new students must have attended at least 14 classes during the quarter immediately preceding the next grading day.

Attendance will be monitored via the electronic fingerprint system. If your finger does not scan, it is your responsibility to inform Sensei Eugene via e-mail. If you forgot to scan your finger for a class, it will be seen as you being absent for that specific class.

New students will be registered on the fingerprint system as soon as they start their training at the dojo.

4.3. FEES & LIFE BOOK

A grading fee is charged for every student per grading day and covers the costs that are associated with the grading stamp; which is purchased from the SA JKA Headquarters', and the personalised grading certificate.

The student's karate life book together with any other documentation that may be required should be submitted to Sensei Eugene at least two weeks before grading day.

All fees (annual registration, monthly and grading fees) should be paid in full and up to date (and the karate life book submitted on time) before a student will be granted access to dojo on grading day.

4.7. GRADING CURRICULUM

All belt levels have a specific grading curriculum. Students will only be tested or graded on their specific curriculum according to certain techniques and achievement thereof.

4.8. GRADING PREPARATION

Grading preparation is a very structured process and is achieved in different stages whereas each stage being built upon the previous stage. We believe that a strong foundation is fundamental to anybody wishing to become a good karateka.

At **SOLIS ORTUS** we pride ourselves on establishing the right kind of foundation which is a strong focus on fitness and overall body conditioning. The next stage is to understand, apply and execute proper karate techniques or basics (“kihon”) which in turn forms the basis for the execution of good katas and kumite.

Preparation for grading to the next belt level usually start immediately after each grading day where we spend almost an entire quarter (during each half year) on fitness and body conditioning. Then approximately two months before grading day we start to focus more specifically on kihon, kata and kumite which will be tailored to the specific grading curriculum that will apply to each belt level.

During the final two month period prior to grading, each class builds on the next (e.g. Mondays/Tuesdays forms the basis of what we do on Wednesdays/Thursdays and then again on the following Monday/Tuesday and so on). This is why we recommend that each karateka attends a minimum of two (2) classes every week (Monday and Wednesday or Tuesday and Thursday).

Based on our experience this process usually gives each karateka the best opportunity to be ready and fully prepared for grading day. If a student misses a class, for whatever reason, it will be up to him/her to catch up on the lost time as additional time will not be allocated during subsequent classes to attend to any student who has fallen behind as a consequence on not attending previous classes.

Extra lessons, based on specific requests, can be accommodated and will be subject to an additional charge.

4.9. GRADING EXAMINATION

- ✓ Make sure that your annual SAJKA affiliation stamps are up to date before you are grading.
- ✓ If it is not up to date please speak to sensei Eugene Oosthuizen.
- ✓ Also make sure that all your gradings are dated and signed before grading.
- ✓ Gradings are only valid if a JKA Grading sticker appears in the space provided together with the examiners signature thereon.

4.10. GRADING ATTIRE

- ✓ **Boys:** full Gi with current belt, no T-shirts under Gi
- ✓ **Girls:** white T-shirt or sports bra is allowed under Gi
- ✓ No shoes inside the dojo

4.11. GRADING TIME SCHEDULE AND ETIQUETTE

- ✓ Grading will occur during specific time schedules according to belt order starting from white belt up to Kuy 1/JNR Black. The time schedule is usually defined according to the belt colour/group the student **WILL GRADE TO**, not the belt they are currently on.
- ✓ Every student should register his/her attendance for grading no less than 30 minutes before the scheduled grading slot.
- ✓ Upon conclusion of each grading slot, the grading results will be announced and accompanied by the award of the personalised grading certificates and updated karate life books to each student. Students who did not pass the grading will be informed accordingly and will only receive their karate life books. Every student is responsible to ensure that they do not leave without receiving their life book and certificate (if successful) after grading.
- ✓ After the grading ceremony, students may purchase their new belt they graded to at the **SOMAS** shop outside the grading premises.
- ✓ Sensei Eugene may exercise his sole discretion to grant any student the right to re-grade within one (1) month after grading day. Where this is applicable, he will discuss the basis for this discretion as well as the relevant practical arrangements with the student and his/her parents immediately after that student's group grading slot.
- ✓ Please respect the students who are performing their grading. Keep noise down, especially when using bathroom facilities. Students waiting to enter the dojo must be quiet.
- ✓ No parent will be allowed to watch the grading or enter the dojo. Please wait outside until that particular grading section is completed. Please, no peeking through doors or windows as this distracts the grading panel and grading students. The grading ceremony will take place outside the dojo.
- ✓ There will be 3 panels consisting out of 2 or 3 senior black belt karatekas per panel from Solis Ortus. It consists out of a Kihon, Kata and Kumite panel.
- ✓ All panels are overseen by Sensei Eugene who will make the final decision and signing of life books if karateka has succeeded their grading.
- ✓ No teaching or coaching will be allowed on grading day.