

MIDSOMER NORTON SHOTOKAN KARATE CLUB GRADING

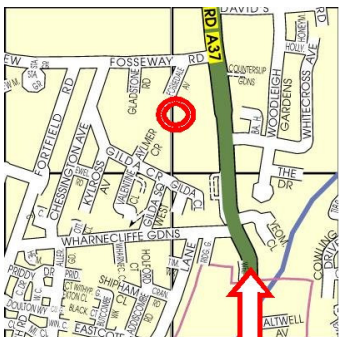


8 December 2007

St Bernadette's School, Whitchurch

Training Starts at 1030

Cost £16 (in advance)



The next Grading will be held at St Bernadette's School, Whitchurch, on Saturday 8 December. Training starts at 10.30, so arrive before then to register.

The Grading will cost £16, which will include a training session. This must be paid in advance to the Club Treasurer (If you subsequently decide not to grade, the fee will be reimbursed).

As with the last grading, this will be joint training and grading with Imperial Karate Club (Bristol). There may be a large number of students grading, so don't expect the day to finish early.

Only members with current KUGB membership are allowed to Grade - please make sure that licences are up to date.

For those taking their 9th Kyu grading, students must have been training for at least 2 months, and should have attended at least two classes a week.

The grading will test kihon (basic techniques), kata (forms), and kumite (sparring). Check the website for details of the grading requirements. Temporary belts will grade for their current belt and the next up at the same time, but will be tested on the higher belt requirements.

Those students who have been training for over four months who attempt 9th to 7th Kyu, should practice their next Kata in addition to the one for their grading, as there is the possibility of double grading for those who perform particularly well with spirit.