



Name of student _____

Students Mobile number _____

Name of Club / Instructor _____ / _____

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BLACK BELT PASSPORT

Belt progression

In Zen Do Kai Kidz Karate we have a belt progression system starting with white and eventually leading to black belt! At each stage new skills and abilities will be learnt. Keep track of your progression here.

Date you achieved your belt

Yellow Belt ____/____/____

Orange Belt ____/____/____

Blue Belt ____/____/____

Green Belt ____/____/____

Brown Belt ____/____/____

Black Belt ____/____/____

Gradings

Gradings are a special presentation of the skills you have learned and a point of inspiration and celebration. When the instructors believe that you are ready to progress to your new rank you will receive an invitation to grade.

As you continue to train times between gradings naturally get longer as we expect to see more skills performed in a higher standard as well as showing commitment and dedication to the club and the sport. This time can vary from person to person depending on skill level, age and maturity.

If successful, in the testing process, you will be awarded a cloth belt denoting the level you have achieved. This is to be worn in every class.

On the following pages you will see a guide on time between gradings and ages for gradings. This is followed by a list of all the required skills you need to be proficient at to grade to your next rank.

As you work through this booklet you will find a list of all the requirements expected of you on grading day at each rank. Your instructor may choose not to test you on each individual item on the day but be prepared to perform ALL the requirements.

Student Name: _____

Each skill or Skill set will be given a GRADE of **R, P** and **E**.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

1st Test – Yellow Belt, Physical Requirements

5 push-ups	5 sit-ups	5 squats
GRADE	GRADE	GRADE

Stances GRADE	Fight	Cover	Prepare
	Shoulder Width	Bow	Opposite Fighting

Footwork	Stamp	Step Through
GRADE		
	Back Foot Across	
GRADE		

Punches	Jab	Cross
GRADE		

Elbows	Straight (Thrust)	
GRADE		

Hand Defences	Centre Deflection (Parry)	High Block
GRADE		

Cont'd next page

Drills	Punching Drill
GRADE	

Self Defence – to push off	Wrist grab 1	Rear Shoulder grab
	Tactical Stand Up	Spin Drill
GRADE		

Sparring 3 x 1 min	Round 1	Round 2	Round 3
GRADE			

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Yellow Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Student Name: _____

2nd Test – Orange Belt, Physical Requirements

Each skill or Skill set will be given a GRADE of **R**, **P** and **E**.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

**= new requirement for this level*

10 push-ups	10 sit-ups	10 squats
GRADE	GRADE	GRADE

Footwork	Stamp	Step Through
GRADE		
GRADE	Back Foot Across	*Cross Pattern

Stances	Fight	Cover	*Horse
GRADE			
GRADE	Shoulder Width	Bow	*Dragon

Punching	Jab	Cross
GRADE		
GRADE	*Hook	

Kicking	*Push kick (Front Kick)	*Round kick
GRADE		

Cont'd next page

Elbows	Straight (Thrusting)	*Round
GRADE		

Hand Defences	Centre Deflection	*Low Deflection
GRADE		
	High Block	*Low Block
GRADE		

Drills	Punching Drill	*Kicking Drill	*5 Moves Iron Horse
GRADE			

Self Defence – to push off	Rear shoulder grab	Wrist grab 1	*Wrist Grab 2 & 3
GRADE	Tactical Stand Up	Spin Drill	*Bridge and Roll

Sparring 4 x 1 min	Round 1	Round 2	Round 3	Round 4
GRADE				

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Cont'd next page

Orange Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Students Name: _____

3rd Test – Blue Belt, Physical Requirements

Each skill or Skill set will be given a GRADE of R, P and E.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

**= new requirement for this level*

15 push-ups	15 sit-ups	15 squats
GRADE	GRADE	GRADE

Footwork	Stamp	Step Through	Cross Pattern
GRADE			
GRADE	Back Foot Across	*Blitz	

Stances	Fight	Cover	Horse	*Bear
GRADE				
	Shoulder Width	Bow	Dragon	

Punching	Jab	Cross
GRADE		
	Hook	*Uppercut

Kicking	Push kick	Round kick
GRADE		
	*Side kick	

Knees	*Thrust knee	*Round knee
GRADE		

Elbows	Round elbow	Over elbow
GRADE	Thrust elbow	*Uppercut elbow

Drills	Punching Drill	Kicking Drill
GRADE	*Elbow Drill	*9 Moves Iron Horse

Self Defence – to push off	Rear shoulder grab	Wrist grab 1	Wrist Grab 2 & 3
GRADE	Tactical Stand Up	Spin Drill	Bridge and Roll
	*Self Defence 1	*Back and Side Break Falls	

Defences	Centre Deflection	High Block, Low Block
GRADE	Low Deflection	*Inner and Outer Block
	*High Deflection	*Left Low Check

Sparring 5 x 1 min	Round 1	Round 2	Round 3	Round 4	Round 5
GRADE					

Cont'd next page

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Blue Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Students Name: _____

4th Test – Green Belt, Physical Requirements

Each skill or Skill set will be given a GRADE of **R**, **P** and **E**.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

**= new requirement for this level*

25 push-ups	25 sit-ups	25 squats
GRADE	GRADE	GRADE

Footwork GRADE	Stamp	Step Through	*Switch
	Back Foot Across	Blitz	

Stances GRADE	Fight	Cover	Horse	Bear
	Shoulder Width	Bow	Dragon	*Cat

Punching GRADE	Jab	Cross	Hook	Uppercut
	*Overhand	*Blade	*Ridge	

Kicking GRADE	Push	Round	*Crescent	*Side	*Back/Read Angle

Cont'd next page

Knees	Thrust	Round	*Clinch (turning)
GRADE			

Elbows	Round	Thrust	*Over	Uppercut
GRADE				

Drills	Punching Drill	Kicking Drill	*18 Moves Iron Horse
GRADE	Elbow Drill	*Knee Drill	

Self Defence – to push off	Rear shoulder grab	Wrist grab 1	Wrist Grab 2 & 3	*Bear Hug
GRADE	Tactical Stand Up	Spin Drill	Bridge and Roll	*Side Headlock 1 (Bully Choke)
	Self Defence 1	Back and Side Break Falls	*Self Defence 2	

Defences	Centre Deflection	High Block, Low Block	*High Right Check
	Low Deflection	Inner and Outer Block	*Double Fist Block
GRADE	High Deflection	Left Low Check	*Open Hand Block

Cont'd next page

Sparring 6 x 1 min	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
GRADE						

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Green Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Students Name _____

5th Test – Brown Belt, Physical Requirements

Each skill or Skill set will be given a GRADE of **R**, **P** and **E**.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

**= new requirement for this level*

35 push-ups	35 sit-ups	35 squats
GRADE	GRADE	GRADE

Footwork	Stamp	Sidestep	Switch	Blitz
GRADE				

Punching	Jab	Cross	Hook	Uppercut	Overhand
GRADE					
	Blade/ Ridge	*Palm Heel	*Backfist	*Spinning	

Kicking	Push	Round	Crescent	Side
GRADE				
	Back/Rear Angle		*Spinning Side/Back	

Knees	Thrust	Round	Clinch/Turning
GRADE			

Elbows	Round	Thrust	Over	Uppercut	*Spinning
GRADE					

Defences GRADE	Centre Deflection	High Block, Low Block	High Right Check
	Low Deflection	Inner and Outer Block	Double Fist Block
	High Defelction	Left Low Check	Open Hand Block
	*360 Degree Block	*Downward Block	*Double Circle Block (Mawashi)

Drills	Punch	Kick	Elbow	Knee	*Check Drill
GRADE					
	18 Iron Horse	*Three Battles			

Self Defence – to push off GRADE	Rear shoulder grab	Wrist grab 1	Wrist Grab 2 & 3	Bear Hug
	Tactical Stand Up	Spin Drill	Bridge and Roll	Side Headlock 1 (Bully Choke)
	Self Defence 1	Back and Side Break Falls	Self Defence 2	*Self Defence 3
	*Rear Naked Choke	*Guard Defence		

Cont'd next page

*Padwork	Focus pads 1 x 1min	Thai Pads 1 x 1min	Kick Shield to a count
GRADE			

Sparring 8 x 1 min	Rnd 1	Rnd 2	Rnd 3	Rnd 4
GRADE				
	Rnd 5	Rnd 6	Rnd 7	Rnd 8

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Brown Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Student Name _____

6th Test – Black Belt, Physical Requirements

Each skill or Skill set will be given a GRADE of **R**, **P** and **E**.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds Expectations (1 to 2 levels higher in skill)

**= new requirement for this level*

50 push-ups GRADE	50 sit-ups GRADE	50 squats GRADE
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Footwork GRADE	Stamp	Sidestep	Switch	Blitz
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Punching GRADE	Jab	Cross	Hook	Uppercut	Overhand
	Palm	Blade/Ridge	Backfist	*Hammer	Spinning

Kicking GRADE	Push	Round	Crescent	Side	Back/ Rear Angle
	Spinning Side		*Jumping push kick		
	*Jumping Side Kick				

Knees	Thrust	Round	Clinch/Turning
GRADE			

Elbows	Round	Thrust	Over	Uppercut	Spinning
GRADE					

Defences	Centre Deflection	High Block, Low Block	High Right Check
	Low Deflection	Inner and Outer Block	Double Fist Block
	High Deflection	Left Low Check	Open Hand Block
	360 Degree Block	Downward Block	Double Circle Block (Mawashi)
GRADE			

Self Defence – to push off	Rear shoulder grab	Wrist grab 1	Wrist Grab 2 & 3	Bear Hug
GRADE	Tactical Stand Up	Spin Drill	Bridge and Roll	Side Headlock 1 (Bully Choke)
	Self Defence 1	Back and Side Break Falls	Self Defence 2	Self Defence 3
	Rear Naked Choke	Guard Defence	*Self Defence 4	*Headlock defence on Ground

Drills	Punch	Kick	Elbow	Knee	Check Drill
GRADE	Moving 3 Block Drill	Three Battles	*Rotating Palms		

Self Defence – *to take down	*Shoulder grab	*Wrist grab
GRADE	*Straight cross	Haymaker

Padwork	Focus pads 2 x 1min	Thai Pads 2 x 1min	Kick Shield to a count
GRADE			

Sparring 10 x 1 min	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5
GRADE	Rnd 6	Rnd 7	Rnd 8	Rnd 9	Rnd 10

Non-skill-based attributes

Effort	Determination	Focus
GRADE	GRADE	GRADE

Cont'd next page

Black Belt Grading assessment information:

Date of assessment _____

Assessors name _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision