

# REQUIREMENTS FOR SENIORS

*Grades from 5th Kup up to 8th Dan*

## 1. WHAT IS A PRE-GRADING?

- A Pre-Grading course is similar to having/taking a mock exam. The Pre-Grading course will cover your Grading syllabus focusing in depth on all aspects on the criteria of your Grade to assist in successfully passing to your next belt. A Pre-Grading Course can take up to 3 hours to complete.

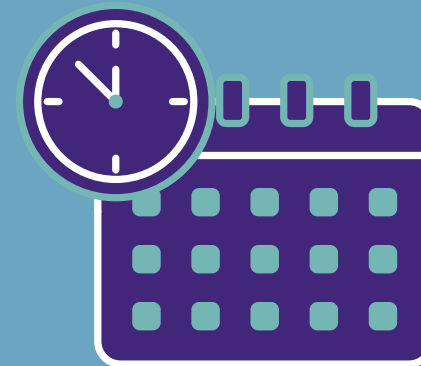


## 2. WHAT IS AN INTERNATIONAL TRAINING COURSE (ITC)?

- This is a Technical seminar event that can take up to 4 days to complete. The International training course will cover your technical training, all step sparring's and all patterns from 5th Kup up to 7th Dan.

## 3. WHAT IS THE TIME PERIOD REQUIRED?

- This depends on the students Grade and if they have completed the required amount of Pre-Gradings Courses & ITC's within a 12-month period.



***All successful students that complete all the required Pre-Grading courses & ITC's will be sent a link which will take them to an online Grading form.***



## 5th Kup (Blue Tag)

1. **Compulsory** Pre-Grading Courses Required: 2
2. **Compulsory** ITC's to attend: 1
3. Time period: Over 12 months

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time may be added on.*

## 4th Kup (Blue belt)



1. **Compulsory** Pre-Grading Courses Required: 2
2. **Compulsory** ITC's to attend: 2
3. Time period: Over 12 months

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time may be added on.*



## 3rd Kup (Red Tag)

1. **Compulsory** Pre-Grading Courses Required: 3
2. **Compulsory** ITC's to attend: 2
3. Time period: Over 12 months

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time may be added on.*



## 2nd Kup (Red Belt)

1. **Compulsory** Pre-Grading Courses Required: 3
2. **Compulsory ITC's** to attend: 2
3. Time period: 12 months

If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.

## 1st Kup (Black Tag)



1. **Compulsory** Pre-Grading Courses Required: 6
2. **Compulsory ITC's** to attend: 2
3. Time period: 12 months

If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.



## 1st Dan

1. **Compulsory** Pre-Grading Courses Required: 9
2. **Compulsory ITC's** to attend: 3
3. Time period: 18 months before your next Grading.

If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.

## 2nd Dan



1. **Compulsory** Pre-Grading Courses Required: 15
2. **Compulsory** ITC's to attend: 5
3. Time period: 2.5 Years before your next Grading

*If you have missed any previous Pre-Grading courses/International*

*Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*

## 3rd Dan



1. **Compulsory** Pre-Grading Courses Required: 18
2. **Compulsory** ITC's to attend: 5
3. Time period: 3 Years before your next Grading

*If you have missed any previous Pre-Grading courses/International*

*Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*

## 4th Dan



1. **Compulsory** Pre-Grading Courses Required: 24
2. **Compulsory** ITC's to attend: 8
3. Time period: 4Years before your next Grading

*If you have missed any previous Pre-Grading courses/International*

*Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*

## 5th Dan



## 7th Dan



## 6th Dan



1. **Compulsory** Pre-Grading Courses Required:  
30

2. **Compulsory** ITC's to attend: 10

3. Time period: 5 Years before your next Grading

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*

1. **Compulsory** Pre-Grading Courses Required: 36

2. **Compulsory** ITC's to attend: 12

3. Time period: 6 Years before your next Grading

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*

1. **Compulsory** Pre-Grading Courses Required: 42

2. **Compulsory** ITC's to attend: 14

3. Time period: 7 Years before your next Grading

*If you have missed any previous Pre-Grading courses/International Training Courses given by the I.G.B over a 12-month period, then the time will be added on.*