December 2026 Black Belt Grading

This year's Black Belt Dan Grading will be held at the centre on **Sunday 13th December**. The schedule will be as follows -

- **Compulsory Seminar: 10am-12pm**
- **Lunch Break: 12pm-1pm**
- **Grading: 1pm – 3pm**

Registration & Payment

All participants must register online by **6th December.**

- **Grade 1st Dan/Poom: £120**
- **Grade 2nd Dan/Poom: £140**
- **Grade 3rd Dan/Poom: £160**

Those who are unsuccessful will be refunded 50% of their grading fee.

Grading Content

The grading will comprise of three sections. A successful candidate must pass a minimum of two sections (or 5 out of 9 subsections)

- **Poomsae 1/3 :**
  the grade pattern plus the two most recent patterns (3 patterns in total)

- **Sparring 1/3 :**
  3 rounds of 1 minute and 30 seconds

- **Traditional 1/3:**
  1. **one step sparring (minimum of 5)**
  2. **grab, release and counter (minimum of 5)**
  3. **board breaking (1 board per grade. i.e 3rd dan 3 boards)**