

## Lyle Larate Club

## **Our Grading System**

The grades shown here are those used by our club. Other styles vary from this, some have additional grades and others have less.

From beginner up to 1st Dan, the grade of a practitioner is shown by the colour of the belt they wear. Those below 1st Dan are known as "Kyu" or "Student" grades. Those above Kyu grade are "Dan" grades and all wear a black belt.

Unlike many other styles of karate, assessment for a new grade is a continual process carried out by your club instructor, with a final confirmation by all Dan grades at a weekend course.

Tabs are coloured stripes across the end of a belt to show that the JUNIOR wearing it is above the basic belt grade. Seniors do not have tabs.





