



# Kenshinkan Martial Arts

[www.kenshinkan.org](http://www.kenshinkan.org)



**GOSHIN  
RYU  
INTERNATIONAL**

## Karate Grading Dates

### New grading policy;

In future gradings will be on a more flexible basis, giving you the choice to select if and when you wish to grade. This means, providing that you have attended the required number of lessons, i.e 20 and have covered the components of the syllabus, you can choose a date from the list below to grade.

This flexible option gives you the control of your own development and progression towards the coveted black belt. We appreciate that not all of us learn the same and this will allow you to progress and build confidence at your own rate.

To set personal goals is a good thing and helps to motivate us all to train and progress to the best of our ability. The use of the syllabus is a good way to monitor this progression and helps us to set these personal goals, but you have to use the syllabus as the learning tool that it is and read it.

It is full of specific and general information relating to Karate both theory and practical so dig it out and have a look. If you haven't got one or need a replacement you can purchase one for £5, just ask Mike or Clare.

Another useful training aid is the Kenshinkan Kata DVD which contains the entire syllabus Katas that you need to learn, also available to buy from us for £5. If you buy one you'll be able to see superstar Mike in all his glory performing the Katas.

Also check out the website at regular intervals at [www.Kenshinkan.org](http://www.Kenshinkan.org), it contains information on our Karate club and also the new Ju-Jitsu club in Otley.

### Grading dates for 2006/7

29<sup>th</sup> November 2006

28<sup>th</sup> February 2007

30<sup>th</sup> May 2007

29<sup>th</sup> August 2007

28<sup>th</sup> November 2007

All gradings will take place AFTER the normal lesson and should last approximately 1 hr, but this can vary depending on how many are grading.

Please ensure that your license is up to date PRIOR to grading day, you will not be able to grade otherwise. If you are unsure about how to check this just ask Mike or Clare

Please note; all grading dates are susceptible to change due to work and other personal commitments.

Many thanks

**Mike & Clare**

**Kanshinkan Martial Arts**

Karate – Wetherby – Crossleys Street Primary School – Monday & Wednesday @ 18:15  
Call Mike or Clare on 01943 464242 or 07967 739232