

GRADING TEST RULES & REGULATIONS

- The student shall undergo the test according to the prescribed syllabus.

SYLLABUS

- A) Endurance—rigorous warming up exercises.
 - B) Basic stance.
 - C) Hand Movements—Punches, Blocks, etc..
 - D) Leg Movements—All kicks, controlling and fast kicks.
 - E) Moving combinations using punches and kicks.
 - F) Katas.
 - G) Sparring with same/different belt holders. (Minimum 2 rounds, Maximum 4 rounds of practical fighting).
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- It is imperative that the student shall complete the minimum period of running (3 months) to make her/himself qualify for the grading test.
 - The Grading Test fee is non—refundable under any circumstance.
 - The student shall be permitted to appear for the test only if he/she possesses the Identity Card of Y.K.A
 - The student without Karate uniform will not be permitted for the test.
 - The student shall possess absolute physical fitness to undergo the test. In case of any doubt, the student will be asked to produce a fitness certificate by a Doctor.
 - The student shall participate in the belt test at his/her own risk. The Examiner / Instructor / President / Secretary / Association shall hold no responsibility and shall not be implicated or involved either in civil or criminal dispute for any accident which may result in pain, injury, fractures, dislocations, partial/full disablement, unconsciousness of temporary or permanent nature, etc.
 - The decision / result announced by the Chief Examiner / President / Secretary will be final and irrevocable.

**MANAGEMENT
YUDDHAGYAN KARATE DO ASSOCIATION
Telangana**