

**C.N.G.K. Black Belt Requirements**

**Black belt grading protocol:**

Students wishing to be graded to Black Belt with Canadian Naha-te Goju Karate must be sponsored by a Head Sensei registered with a CNGK affiliated dojo in good standing.

Candidates must:

* Arrive at the grading location before the appointed time, dressed in a clean, white karate uniform with the CNGK crest, with all appropriate weapons
* Introduce him/herself to the CNGK Secretary and pay the appropriate fee to CNGK before the grading begins
* Be prepared to demonstrate conditioning level with 50 push-ups prior to the grading start
* Bring 6 pieces of 1” x 12” x 12” white pine to the grading for the purposes of breaking

All brown and black belt members should attend every Black Belt grading that they are able. Gradings are an important milestone in the progression of a martial artists. This is an unparalleled opportunity to grow and learn about the martial way.

Questions about requirements should be directed to your sensei.

**Shodan- Ho (Junior Black Belts – for ages 12 – 15)**

\*All Shodan requirements at an age-appropriate level

**Shodan (First degree black belt – ages 16+)**

Sanchin

Gekisai lchi

Gekisai Ni

Saifa

Shisochin

Seiunchin

Tenchi

Seiryu

Byakko

Tensho

Kobudo - Bo

Kobudo - Sai

Kobudo - Tonfa

Bunkai: Gekisai Sai lchi, Gekisai Sai Ni, Saifa, Shisochin, Seiunchin

Kumite: Endurance, Technique, Spirit

History of karate

**Reading list requirements & Essay**

**Nidan (Second degree black belt – ages 18+)**

Sanchin- Tensho

Sanseiryu

Shujaku

Kobudo – Matsu Higa (1 weapon)

Tenshi – 2 person kata

Bunkai Concepts

Tai Chi Concepts (5 Elements Set) Left & Right side

Kumite Concepts

Conditioning/Endurance

History of Karate

**Reading list requirements & Essay**

**Sandan (Third degree black belt)**

Sanchin- Tensho

Seisan

Genbu

Seiryu – Byakko 2 person kata

Kobudo – Matsu Higa (2 weapons)

(Sandan Con’t.)

Tai Chi Concepts (13 postures)

History of Karate

**Reading list requirements & Essay**

**Yondan (Fourth degree black belt)**

**Godan (Fifth degree black belt)**