



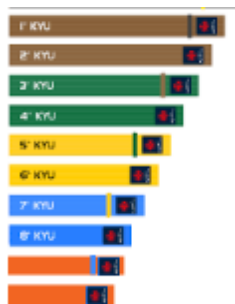
What is a Kyokushin Belt Grading

Colour belt gradings are held twice a year, typically at the end of June and November. Each coloured belt had two levels, the second being represented by a stripe at the end of the belt (of the next belt up the chain).

Each belt or **kyu**, has a prescribed syllabus which the instructor covers in the 6-month period preceding the grading. Karateka attends an in-person grading or promotion test at the dojo where they are required to execute the techniques and syllabus they have learnt.

The grading test covers kihon (basics), ido geiko (moving basics), kata, fitness and kumite (fighting). As karateka progress through the belt system, the grading tests become more advanced and physically taxing, culminating in the black belt gradings which last 4 to 6 hours and are a true test of fortitude and Kyokushin spirit.

Listed below are the belts and corresponding kyu's



In Kyokushin Karate, the colour belt (*obi*) system reflects a student's physical progression and their mental and spiritual development. As practitioners advance from 10th Kyu (beginner) to 1st Dan (black belt), the colours symbolize the gradual accumulation of knowledge, blossoming skill, and technical maturity.

The traditional Kyokushin belt order and their symbolic meanings generally follow this progression:

1. White Belt (10th Kyu) - *Purity and Potential*

- **Meaning:** Represents innocence, a clean slate, and the beginning of the martial arts journey. The white belt indicates that the student is empty and ready to be filled with knowledge.

2. Orange Belt (9th & 8th Kyu) - *Stability and the Fire Within*

- **Meaning:** Represents the earth and the foundation of one's stance and technique. In some interpretations, it also symbolizes the first signs of heat/fire as the student begins to generate energy and power.



3. Blue Belt (7th & 6th Kyu) - *Adaptability and the Sky*

- **Meaning:** Symbolizes the vastness of the sky and the ocean. It represents the student reaching out to new heights, remaining adaptable, and expanding their horizons.

4. Yellow Belt (5th & 4th Kyu) - *Awakening and Light*

- **Meaning:** Represents the first rays of the morning sun. It signifies that the student's mind is beginning to open to the core principles and fundamental techniques of Kyokushin.

5. Green Belt (3rd & 2nd Kyu) - *Growth and Blossoming*

- **Meaning:** The color of blooming plants and trees. It signifies a stage of growth where the student's physical skills, spirit, and understanding begin to blossom and take solid shape.

6. Brown Belt (1st Kyu) - *Maturity and Solidity*

- **Meaning:** Symbolizes the color of the earth. It represents a mature stage of training where the student's techniques have become practical, competent, and grounded.

7. Black Belt (1st to 10th Dan) - *Mastery and Endless Learning*

- **Meaning:** The culmination of the basic Kyokushin syllabus. It represents the darkness beyond the sun, signifying that the student has conquered the basics and is now ready to begin the true, lifelong study of the martial art.