



STAR GRADING

What is a STAR grading?

A STAR Grading is for Junior Black Belts – Under 16 years old. As an adult Black Belt, the wait time between the Dan grades gets greater and the number of years a student must train before taking the next Dan grade is equivalent to the Dan grade they are going for.

For example, an adult 1st Dan Black Belt must carry out 2 years of active training before they are eligible to grade for a 2nd Dan Black Belt.

An adult 2nd Dan Black Belt must then actively train for 3 years to be eligible to grade for a 3rd Dan Black Belt.

3rd Dan to 4th Dan is 4 years, and so on a so forth.

Junior further Dan gradings AGE Requirements:

Training time between gradings for juniors is longer and is measured in "adult training months". Therefore, if a student grades for a 2nd Dan black belt whilst under 16yrs old then this is calculated as follows:

Any training time that you (the student) complete between Dan grades whilst you are still under 16 years of age counts as half of the "Adult" training time. Once the student reaches 16 years old, then their training months are counted as adult training months.

The student must complete the equivalent of 24 adult months training time between 1st & 2nd Dan.

Examples:

- 1) A student achieves their Black Belt at the age of 10 years old, to be eligible to grade for their 2nd Dan their training will look as follows:

Training from the age of 10 years old is classed as half the adult training time, so to achieve the equivalent of 24 months (2 years) adult training time they would need to train for 4 years, 48 months in total as they would still be under 16 years old.

- 2) A student achieves their Black Belt at the age of 13 years old, to be eligible to grade for their 2nd Dan their training time will look as follows:

Training between the age of 13 and 16 years is classed as half the adult training time, so if they train for 3 full years (or 36 months) this is classed as 18 months training. They then turn 16 and their training time is classed as adult training, so they will need to train for another 6 months before they are eligible to grade for 2nd Dan, to have the equivalent of 24 months adult training time.



What is the STAR Grading?

The "Star Grading" refers to a special grading system for students under 16 years old who are black belts, allowing them to progress through levels of proficiency (Star 1, 2, and 3) before reaching their full 2nd Dan black belt, essentially acting as a stepping stone to the full black belt requirements. This system usually involves additional training in specific areas like patterns, sparring, and theory, with the goal of providing a more structured progression for younger black belts.

It offers an opportunity for young black belts to further develop their skills, demonstrate their progress, and advance to the next level of achievement. The STAR grading system is specifically tailored to junior students, focusing on their growth, both technically and personally, within martial arts. Keeping them motivated and disciplined between Dan gradings.

Eligibility for STAR Grading

To be eligible for the STAR Grading, students must meet the following criteria:

- **Junior Black Belt (1st Dan or above):** Only those who have achieved their junior black belt can participate in the STAR grading system.
- **Minimum Time Requirement:** Students must have been a black belt for 12 months before they can take their first STAR grading and then 12 months between further STAR gradings
- **Instructor Recommendation:** The student's instructor must endorse their participation based on their progress, commitment, and readiness for the assessment.

STAR Grading Levels

The STAR grading system is divided into multiple levels. There are 3 STAR gradings between Dan grades, 1st, 2nd and 3rd STAR. The levels include:

1st Star: This is typically the first level after achieving their Black Belt. Student's will be asked to perform 1 of the 3 Black Belt patterns and it is the student's choice as to which pattern they will perform from the 3. They will also be required to perform line work and techniques, as well as pad work and theory.

2nd Star: Builds on 1st Star achievements and incorporates an additional pattern from the 3 Black Belt patterns, in addition to line work, pad work, coloured belt patterns and theory.

3rd Star: Students are required to perform all 3 Black Belt patterns with skill, as well as line work, pad work and theory.



Dan Grade Patterns

1st Dan Patterns:

Ge Beak
Po Eun
Kwan Ge

2nd Dan Patterns

Ko Dang
Wi Am
Chun Jang

If you would like the meanings of the patterns, please email enquiries@wirraltkd.co.uk

When can I take a STAR grading?

The STAR grading typically takes place at the end of a Coloured Belt Grading and is assessed by the OMA grading examiner. We hold 2 STAR gradings a year. One at the March coloured belt grading and one at the September coloured belt grading.

You can book onto the grading as you would normally do for a coloured belt grading, via the Nest link.

How do I get my results?

After the grading, students will be informed of their result individually. Successful students will then receive their STAR grading certificate, and gold star for their belt, at the Black Belt presentation evening.

If you're a junior black belt and ready to take the next step, speak to your instructor about STAR grading and start preparing today!

Can I cut the time between Dan gradings down?

Yes, the good news is there is a way for Junior Black Belts to cut down some of the time between gradings. This is in the form of a Junior Black Belt volunteer system. If Junior Black Belts help and support events throughout the year they can earn points. These points can be accumulated to allow students to 'knock off' time between the gradings. These events include:

- Supporting coloured belt gradings
- Supporting competitions
- Supporting at demos, school courses
- Competing
- Kids clubs



For every **100 points** a student can get 6 months off, however the minimum amount of time must be the same as adults. There can be no 2nd Dans under 10 years old and no 3rd Dans under 14 years old

The points are as follows:

Assisting in class 1hr counts as 2 points

Attending squad and seminar 1hr is 1 point

Competing (or assisting - points for each) 5 points

Assisting at gradings and events, such as demo's, open days etc 5 points

If you are interested in volunteering, please email enquiries@wirraltkd.co.uk and we can supply you with the volunteer record so you can keep track of your points.