



Elemental Kickboxing Leeds: Grading Criteria – Guidance

All gradings are marked by a registered instructor with a minimum grade of 1st dan black belt from the Elemental Kickboxing Leeds, or affiliate when necessary.

Marking Categories

See below marking criteria for belt gradings at the Elemental Kickboxing Leeds.

1. Technique

The technical ability is marked out of 10. The mark given can be up to 1 decimal place.

The examiner will be observing technical ability, precision, control and effort.

80% of this mark is completed by observations completed during line work, 20% of this mark is completed by observations completed during throughout parts 2, 3 and 4 (when applicable for the graded belt level)

2. Defensive Work

The defensive ability is marked out of 10. The mark given can be up to 1 decimal place.

The examiner will be observing technique, effort and partner work.

80% of this mark is completed by observations completed during two step partner work, 20% of this mark is completed by observations completed during throughout parts 1, 3 and 4 (when applicable for the graded belt level)

3. Kata Forms

The kata form performances are marked out of 10. The mark given can be up to 1 decimal place.

The examiner will be observing technique, precision, control, effort, revision and choreography (when applicable for the graded belt level)

100% of this mark is completed by observations completed during their kata form performance.

4. Sparring

The sparring ability is marked out of 10. The mark given can be up to 1 decimal place.

The examiner will be observing technique, speed, distance, timing, power, control, effort and partner work when demonstrating shadow fighting or light continuous sparring (when applicable for the graded belt level)

100% of this mark is completed by observations completed when sparring.

5. Physical Fitness

The physical fitness elemental is marked out of 10. The mark can be given up to 1 decimal place.

The examiner will be observing aerobic ability, strength, flexibility & speed throughout every belt level.

100% of this mark is completed throughout the entire duration of the grading, however specific tasks will be set to test the participants physical capabilities.

6. Other

The other elemental is marked out of 10. The mark can be given up to 1 decimal place.

The examiner will be observing your club attire, equipment, sportsmanship, effort and training frequency (when applicable for the graded belt level).

100% of this mark is completed throughout the entire duration of the grading.

The Scoring System

The final numerical mark

The final numerical mark given is a numerical number calculated by adding all the categories final marks together. See maximum mark per belt below.

White - Technique | Defensive | Physical Fitness (30)

Yellow - Technique | Defensive | Sparring (Shadow Fighting only) | Physical Fitness | Other (50)

Orange - Technique | Defensive | Sparring (Shadow Fighting only) | Physical Fitness | Other (50)

Red - Technique | Defensive | Kata Form (Set) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Green – Technique | Defensive | Kata Form (Set) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Junior Purple - Technique | Defensive | Kata Form (Set) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Senior Purple - Technique | Defensive | Kata Form (Set) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Junior Blue - Technique | Defensive | Kata Form (Choreographed) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Senior Blue - Technique | Defensive | Kata Form (Choreographed) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Junior Brown - Technique | Defensive | Kata Form (Choreographed / Music) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Brown II – Technique | Defensive | Kata Form (Choreographed / Music) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

Senior Brown - Technique | Defensive | Kata Form (Choreographed / Music) | Sparring (Shadow Fighting only) | Physical Fitness | Other (60)

The Final Percentage Mark

The final percentage mark given is a percentage calculated using the total potential numerical mark per belt level, multiplied by the final numerical mark. This figure will provide the examiner with a final percentage mark and determine if the participant grading has received a failure, compensable, pass, merit, or distinction.

The Final Percentage Boundaries

Fail <49.9%

A failure mark is awarded to participants when completing their grading to a unsatisfactory standard.

Compensable

A compensable mark may be awarded to a participant at the examiner's discretion. Such instances can occur because of a participant not completing their grading and receiving a mark within these boundaries due to injury or other emergency. In such instances, the participant could apply to regrade.

Pass 50.0% – 79.9%

A pass mark is awarded to participants when completing their grading to a satisfactory standard.

Merit 80.0% - 89.9%

A merit mark is awarded to participants when completing their grading to a high standard.

Distinction 90.0% - 100.0%

A distinction mark is awarded to participants when completing their grading to a superior standard.

To Conclude

At Elemental Kickboxing Leeds, we understand that the final mark you receive is more than just a number. It represents your hard work, dedication, and growth throughout your journey. However, we also recognise that a mark alone may not provide a comprehensive understanding of your performance and areas for improvement.

That's why we value qualitative feedback from examiners and provide more specific information of what your mark means above. We believe that personalised comments and constructive criticism offer invaluable insights that can guide you towards your training goals and help you further develop your skills, and encourage all participants grading to speak with their examiner for personalised feedback.