



ELEMENTAL KICKBOXING ACADEMY LEEDS

Second Dan Black Belt Grading Requirements – Elemental Kickboxing Leeds

Theory Element

Your theory assessment will be conducted through observed teaching sessions, assessed by a senior black belt (minimum rank: 4th Dan).

Please email info@elemental-fitness.com with three available dates to instruct the following classes. Each session must be 60 minutes and will be observed by the lead class instructor:

1. A full class focusing on intermediate technique (Green to Senior Purple Belt)
2. A full class focusing on beginner pad drills (White to Red Belt)
3. A full class focusing on beginner sparring (Red to Junior Purple Belt)

These sessions can be scheduled at any time in the lead-up to your theory examination.

We strongly recommend maintaining regular contact with class instructors and arranging additional teaching practice outside of these sessions to build your confidence and readiness.

Additionally, please email info@elemental-fitness.com with two further dates to instruct group classes within the six weeks leading up to your theory examination. These must include:

1. A full class covering beginner and intermediate line work and pad drills (White to Senior Purple Belt)
2. A full class focusing on beginner sparring (Red to Green Belt)

Practical Element

Your practical grading will be assessed via direct observation of your technical ability by a senior black belt (4th Dan or above).

To ensure readiness, candidates are expected to attend 3–4 hours of in-class training per week and/or train remotely using various methods for 4–6 months prior to the assessment.

Your practical grading will include (but is not limited to):

Warm-up and stretching routine
Line work (technical drills)
Two-step partner drills
Pad and strike shield combinations
A set kata formation (50-move routine, pre-written and handwritten by the candidate)
Contact sparring and conditioning





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Grading Day Requirements

All candidates must attend in official Elemental Kickboxing Leeds (EKA) kit and belt.

You must bring your club licence and wear full sparring gear, including:

Head guard (must protect the top of the head)

Gum shield

Boxing gloves (minimum 10oz for students aged 10 and over, 6oz for students 9 and under)

Groin guard (where applicable)

Shin pads and foot protection

All equipment must meet club standards for contact sparring and be in good, safe condition.

We also recommend bringing food and water to keep you fuelled throughout the day. Scheduled breaks will be provided.

Completion and Certification

Upon successful completion of both the theory and practical elements of your Second Dan grading - all Dan grade certificates are now printed externally after the grading has taken place to ensure a polished and professional finish. These are printed within 10 working days.

Your original black belt will be collected for embroidery to include your Second Dan line. These are stitched within 15 working days.

If you have any questions or would like clarification on the requirements, please don't hesitate to reach out to your instructor or email us directly at info@elemental-fitness.com

For further information, please visit <https://www.elemental-kickboxingleeds.co.uk/training/gradings-black-belt-leeds>

Grading Fees

The total fee for the Second Dan Black Belt grading includes the following:

Teaching (theory) assessment

Practical assessment

A professionally printed A3 Dan Grade Certificate

Your new Dan line embroidered onto your existing black belt

This fee is due 6 weeks before your practical assessment - if you anticipate any issues with meeting this deadline, please don't hesitate to get in touch.

