



ELEMENTAL KICKBOXING ACADEMY LEEDS

1st 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: 3rd Dan).

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

1. A 30 minutes session focusing on warm up, stretch, beginner line work (yellow to red belt)
2. A 75 minute class consisting of beginner technique work (yellow to red 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 **one date** to instruct group classes within the six weeks leading up to your theory examination. These must include:

1. A 75 minute class focusing on a beginner technique work (yellow to red belt)

Practical Element

Your practical grading will be assessed via direct observation of your technical ability by a senior black belt (3rd Dan or above), and team.

To ensure readiness, participants 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 (consisting of Red, Green, Junior Purple, Senior Purple & 1st Dan Black Belt)
- 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 12 and over, minimum 6oz for students aged 11 and under)

Groin guard

Shin pads

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 Dan grading - all Dan grade certificates are printed externally after the grading has taken place to ensure a polished and professional finish. These are printed within 10 working days.

You will receive your 1st Dan Black Belt, including embroidery of first name (one end), EKA (one end) and 1st dan line (both ends) in gold.

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 1st Dan Black Belt grading includes the following:

Teaching (theory) assessment

Practical assessment

A professionally printed A3 Dan Grade Certificate

Black Belt, including embroidery of first name (one end), EKA (one end) and 1st Dan line (both ends) in gold

The grading fee is sent via email and due 6 weeks before your practical assessment - if you anticipate any issues with meeting this deadline, please get in touch.

