



# Grading Information: December 2025

## Curriculum and grading requirements

Our [Sangrok curriculum and grading requirements](#) for each belt can be found on our website (password: sangrok). The links shown (Figure 1) clearly articulate the grading requirements for each belt. **Before you accept your grading invitation you should be confident in your ability to demonstrate the requirements for promotion to the next belt.**

If you have any questions or concerns, please just speak to one of our instructors. The instructors will select components of the curriculum to assess students against during grading. Students should be prepared to demonstrate all areas of the curriculum on the day. **A full grading schedule for all belts is provided below.**

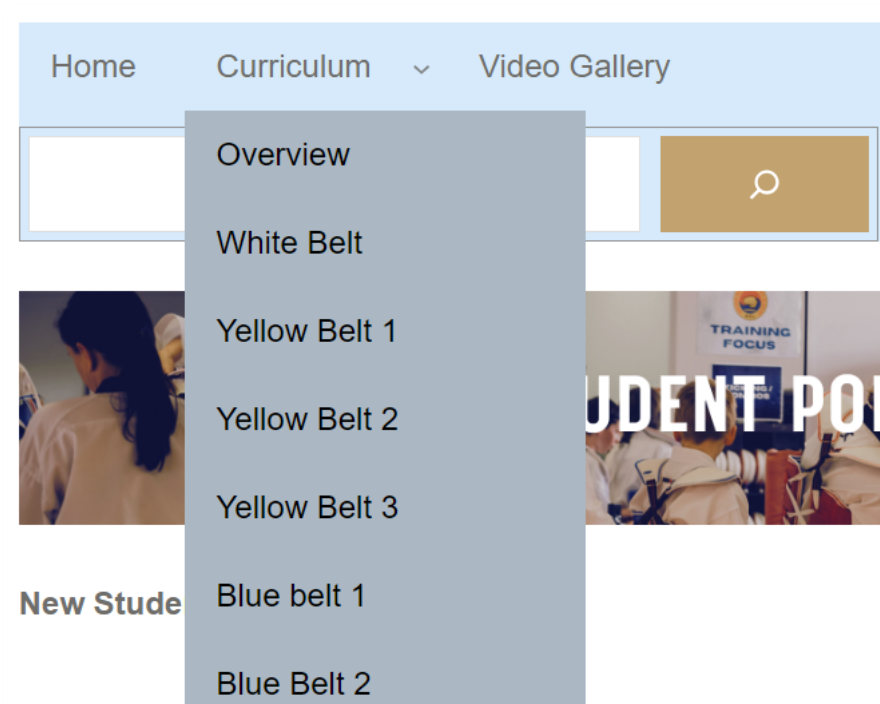


Figure 1 - Links to requirements for belt promotion as seen in the Student Portal

## Timing

Please arrive at least 15 minutes prior to the start of your grading so you can warm up before your grading begins. It is important that you are not late as we are unable to delay the grading.

10.45 am Current white, yellow, orange, and green belt students

12.30 pm Current blue, purple, and grey belt students

10.45 am Current red and brown students

**See the full schedule below for when to arrive, timing for your grading, and what to bring.**

## Grading registration

Please register for this grading event [via our website](#). Grading fees will automatically be added to your next membership payment following registration. **For all red belt students, you must ensure that your pre-grading assessment is complete at least 2 weeks prior to the grading date to be eligible for grading.**

## Parents and spectators

Supporters and spectators are welcome.

## Questions

If you have any questions about this grading event, please speak to Erin at training or email [info@sangrok.net.au](mailto:info@sangrok.net.au).

# Grading Schedule

White and yellow belt grading (including orange and green belt)	
Arrival time	No later than 10.30 am
Grading start time	10.45 am
Equipment required	Full dobok (uniform) and belt Water bottle
Curriculum requirements	<p>White belt students will be expected to demonstrate, without guidance, the <b>fitness, basics, and poomsae</b> components of the curriculum. Students may also have the opportunity to demonstrate, with guidance, the <b>step sparring and self-defence</b> areas of the curriculum.</p> <p>Yellow belt students (including orange and green belt) will be expected to demonstrate, without guidance, the <b>fitness, basics, and poomsae</b> components of the curriculum. Students may also be required to demonstrate, with guidance, the <b>step sparring and sparring (controlled)</b> areas of the curriculum.</p> <p>Please be prepared to train for up to 1.5 hours.</p>
Grading finish time	12.15 pm
Presentation	12.15 – 12.30 pm

## Blue belt grading (including purple and grey belt)

Arrival time	No later than 12.15 pm
Grading start time	12.30 pm
Equipment required	Full dobok (uniform) and belt Water bottle Mouthguard (compulsory) Sparring equipment recommended
Curriculum requirements	Blue belt students will be expected to demonstrate, without guidance, the <b>fitness, basics, poomsae, self-defence/step sparring, board breaking and sparring</b> areas of the curriculum.  Please be prepared to train for up to 2 hours.
Grading finish time	2.30 pm
Presentation	2.30 – 2.45 pm

## Red belt grading (including brown and red/black stripe)

Arrival time	No later than 10.30 am (assisting at the white and yellow belt grading is part of your own grading assessment)
Grading start time	10.45 am
Equipment required	Full dobok (uniform) and belt Water bottle (you may also like to bring some light snacks) Mouthguard Sparring equipment
Curriculum requirements	Red belt students will be expected to demonstrate, without guidance, the <b>fitness, basics, poomsae, self-defence/step sparring, board breaking and sparring</b> areas of the curriculum.  Red belt students will also be expected to demonstrate leadership during the grading and may be asked to demonstrate/support small portions of the junior belt grading, such as warm up, basic techniques, drills, and poomsae.  Please be prepared to train for up to 3.5 hours.
Grading finish time	2.30 pm
Presentation	2.30 – 2.45 pm