*Inclusive Training for the Able Bodied & Disabled Athlete*

Dan Grade Regulations & Requirements

[**段**](http://en.wiktionary.org/wiki/%E6%AE%B5)

Wales Karate Federation will follow the same requirements of Dan Grade Promotion, as the World Karate Federation. Its principle regulations being the time & age intervals, following the individuals personal progress.

The Dan Grade system is based on recognition of personal development as Practitioners, Technicians, Instructors & Exponents of Karate. For Grades higher than 7th Dan (Shichidan/Nanadan), the rank is a recognition of the person’s contribution towards Karate, beyond their own personal development.

All affiliated Associations agree to abide by these principles. Associations may only promote, or certify Dan Grades, for Members of their own Organisations.

Associations with insufficient Rank for Grading or Promoting their Members, may apply for, or utilise the services of Wales Karate Federation Technical Committee. These Services will not be held back in a discriminatory manner.

Associations may utilise their promotion facilities for Junior Members, as they see fit, but full recognition of (Full) Dan Grades will be from 15 yrs.

The following age and time interval requirements apply to Dan Grades within the WKF:

|  |  |  |  |
| --- | --- | --- | --- |
| **Rank** | **段** | **Dan** | **Requirement** |
| Shodan | 初段 | 1st Dan | *Minimum 15 years of age Minimum 3 years of training.* |
| Nidan | 弐段 | 2nd Dan | *Minimum 17 years of age Minimum 2 years since 1st Dan.* |
| Sandan | 参段 | 3rd Dan | *Minimum 20 years of age Minimum 3 years since 2nd Dan.* |
| Yondan | 四段 | 4th Dan | *Minimum 24 years of age Minimum 4 years since 3rd Dan.* |
| Godan | 五段 | 5th Dan | *Minimum 29 years of age Minimum 5 years since 4th Dan.* |
| Rokudan | 六段 | 6th Dan | *Minimum 35 years of age Minimum 6 years since 5th Dan.* |
| Schichidan | 七段 | 7th Dan | *Minimum 42 years of age Minimum 7 years since 6th Dan.* |
| Hachidan | 八段 | 8th Dan | *Minimum 50 years of age Minimum 8 years since 7th Dan.* |
| Kudan | 九段 | 9th Dan | *Awarded for exceptional lifetime achievement for Karate.* |
| Judan | 十段 | 10th Dan | *Awarded for exceptional lifetime achievement for Karate.* |