

SAMA SOUTHEAST

SATURDAY 18th JULY 2026

Henfield Leisure Centre

The King's Field Henfield, West Sussex BN5 9QB

Karate Grading

Pre-grade lesson and grading for:

1. White Belt grading to Red Belt
2. Red Belts grading to Yellow Belt
3. Yellow Belt grading to Orange Belt
4. Orange Belt grading to Orange stripe Belt
5. Orange stripe Belt grading to Green Belt
6. Green Belt grading to Green stripe Belt
7. Green stripe Belt grading to Blue Belt
8. Blue Belt grading to Blue stripe Belt
9. Blue stripe Belt grading to Brown Belt
10. Brown Belt grading to Brown stripe Belt
11. Brown stripe Belt grading to 1st Kyu Red/white Belts

Start time: 12:00pm

Kickboxing Grading

Kickboxers all grades including Black belt grading:

Start time: 3:00pm

Please Book Your Grading at: bookinclass.co.uk

Log in to your account and select All Events. Choose the correct area and discipline, then book the belt you are grading for. All grading sessions must be booked online in advance — no payments will be taken on the day. Your booking includes the pre-grade lesson, grading, belt, and equipment. For safety and insurance reasons, parents cannot stay on-site during grading. Please arrive 15 minutes early.

Don't forget to bring:

- Your SAMA Grading & Licence Book (contact us if you don't have one)
- A clean white karate uniform (Gi) with a SAMA badge
- No jewellery
- Your Grading book in good condition

(Replacement books cost £5.00 for lower grades and £10.00 for higher grades, plus postage if required.)

Phone: 0333 444 5100 for details (Office hours 9am-5pm)