



10th kyu - 9th Kyu (Orange stripe /Orange)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (Face Level))
- Gedan Barai (lower block)
- Jodan Age Uke (Rising Block)
- Chudan Soto Uke (Outside Block)
- Uchi Uke (Inside block)
- Maegeri Chudan (Front Snap Kick stomach level)
- Maegeri Jodan (Front Snap Kick face level)

Kata

- Kihon Kata



8th Kyu (Red Stripe / Red)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (face Level))
- Chudan Gyakuzuki (Reverse Punch (Stomach Level))
- Jodan Age Uke (Rising Block)
- Gedan Barai Uke (Downward Block)
- Uchie Uke (Inside Block)
- Chudan Soto Uke (Outside Block)
- Maegeri (Front Snap Kick)

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Shuto Uke (Knife-Hand Block)

From Kiba Dachi (Horse Stance)

- Yokogeri Keage (Side Snap Kick)

Kumite

- Kihon Gohon Kumite Jodan & Chudan (Basic 5-Step Sparring , face and stomach)

Kata

- Heian Shodan



7th Kyu (Yellow)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (face Level))
- Chudan Gyakuzuki (Reverse Punch (Stomach Level))
- Gedan Barai , Gyaku Zuki(downward block & reverse punch)
- Jodan Age Uke, Gyakuzuki (Rising Block, Reverse Punch)
- Chudan Soto Uke, Gyakuzuki (Outside Block, Reverse Punch)
- Chudan Uchi Uke, Gyakuzuki (Inside Block, Reverse Punch)
- Maegeri (Front Snap Kick)
- Mawashigeri (Roundhouse Kick)
- Yokogeri Keage(Side Snap Kick)
- Yokogeri Kekomi(Side Thrust Kick)

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Shuto Uke (Knife-Hand Block)

Kumite

- Sanbon Kumite – Jodan, Chudan, Maegeri (Three Step Sparring – Head Punch, Stomach Punch, Front Snap Kick)

Kata

- Heian Nidan



6th Kyu (Green)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (face Level))
- Chudan Gyakuzuki (Reverse Punch (Stomach Level))
- Gedan Barai , Gyaku Zuki(downward block & reverse punch)
- Jodan Age Uke, Gyakuzuki (Rising Block, Reverse Punch)
- Chudan Soto Uke, Gyakuzuki (Outside Block, Reverse Punch)
- Chudan Uchi Uke, Gyakuzuki (Inside Block, Reverse Punch)
- Maegeri (Front Snap Kick)
- Mawashigeri (Roundhouse Kick)
- Yokogeri Keage(Side Snap Kick)
- Yokogeri Kekomi(Side Thrust Kick)

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Shuto Uke (Knife-Hand Block)

Kumite

- Kihon Ippon Kumite – Jodan, Chudan, Maegeri (Basic One Step Sparring – Head Punch, Stomach Punch, Front Snap Kick)

Kata

- Heian Sandan



5th Kyu (Blue or Purple)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (face Level))
- Sanbon Zuki (Oizuki) (Triple Punch)
- Spinning, Gyakuzuki (Spin Reverse Punch)
- Gedan Barai , Gyaku Zuki(downward block & reverse punch)
- Jodan Age Uke, Gyakuzuki (Rising Block, Reverse Punch)
- Soto Uke, Enpi (Enpi: Kiba Dachi) (Outside Block, Elbow (Elbow: Horse Stance))
- Uchi Uke, Kizami Zuki, Gyakuzuki (Inside Block, Jab, Reverse Punch)
- Maegeri / Rengeri (Jodan & Chudan) (Double Kick (Head and Stomach Level))
- Mawashigeri (Roundhouse Kick)

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Shuto Uke, Nukite (Nukite: Zenkutsu Dachi) (Knife-Hand Block, Spear-Hand Strike (Spear-Hand Strike: Forward-Leaning Stance))

From Kiba Dachi (Horse Stance)

- Yokogeri Keage (Side Snap Kick)
- Yokogeri Kekomi (Side Thrust Kick)

Kumite

- Kihon Ippon Kumite – Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri (Basic One Step Sparring – Head Punch, Stomach Punch, Front Snap Kick, Side Kick, Roundhouse Kick)

Kata

- Heian Yondan



4th Kyu (Purple - white stripe or Blue)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Chudan Oizuki (Stepping Punch (Stomach Level))
- Jodan Oizuki (Stepping Punch (face Level))
- Sanbon Zuki (Oizuki) (Triple Punch)
- Spinning, Gyakuzuki (Spin Reverse Punch)
- Gedan Barai , Gyaku Zuki(downward block & reverse punch)
- Jodan Age Uke, Gyakuzuki (Rising Block, Reverse Punch)
- Soto Uke, Enpi (Enpi: Kiba Dachi) (Outside Block, Elbow (Elbow: Horse Stance))
- Uchi Uke, Kizami Zuki, Gyakuzuki (Inside Block, Jab, Reverse Punch)
- Maegeri / Rengeri (Jodan & Chudan) (Double Kick (Head and Stomach Level))
- Mawashigeri (Roundhouse Kick)

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Shuto Uke, Nukite (Nukite: Zenkutsu Dachi) (Knife-Hand Block, Spear-Hand Strike (Spear-Hand Strike: Forward-Leaning Stance))

From Kiba Dachi (Horse Stance)

- Yokogeri Keage (Side Snap Kick)
- Yokogeri Kekomi (Side Thrust Kick)

Kumite

- Kihon Ippon Kumite – Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri (Basic One Step Sparring – Head Punch, Stomach Punch, Front Snap Kick, Side Kick, Roundhouse Kick)

Kata

- Heian Godan



3rd Kyu (Brown)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Sanbon Zuki (Oizuki) - Triple Punch
- Spinning Gyakuzuki Sanbon Zuki - Spin Reverse Triple Punch
- Age Uke, Gyakuzuki - Rising Block, Reverse Punch
- Uchi Uke, Kizami Zuki, Gyakuzuki - Inside Block, Jab, Reverse Punch
- Soto Uke, Enpi Uraken (Enpi & Uraken: Kiba Dachi) - Outside Block, Elbow, Back Fist (Elbow & Back Fist: Horse Stance)
- Maegeri, Gyakuzuki - Front Snap Kick, Reverse Punch
- Mawashigeri, Uraken, Oizuki - Roundhouse Kick, Back Fist, Stepping Punch
- Ushirogeri - Back Kick

From Kokutsu Dachi Shuto Uke (Backward-Leaning Stance)

- Spinning Shuto Uke - Spin Knife - Hand Block

From Kiba Dachi (Horse Stance)

- Yokogeri Keage - Side Snap Kick
- Yokogeri Kekomi - Side Thrust Kick

Kumite

- Jiyu Ippon Kumite – Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri
- Free One Step Sparring - Head Punch, Stomach Punch, Front Snap Kick, Side Kick, Roundhouse Kick

Kata

- Tekki Shodan



2nd Kyu (Brown)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Maegeri, Oizuki - Front Snap Kick, Stepping Punch
- Mawashigeri, Gyakuzuki - Roundhouse Kick, Reverse Punch
- Maegeri, Oizuki, Gyakuzuki - Front Snap Kick, Stepping Punch, Reverse Punch
- Maegeri, Mawashigeri (Change Legs)
- Front Snap Kick, Roundhouse Kick
- Kizami Yokogeri, Ushirogeri (Change Legs) Snap Side Kick (front leg) Back Kick

From Kiba Dachi (Horse Stance)

- Yokogeri Keage, Yokogeri Kekomi (Same Leg) - Side Snap Kick, Side Thrust Kick

From Fudo Dachi (Rooted Stance)

- Oizuki - Stepping Punch

Kumite

- Jiyu Ippon Kumite – Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri
- Free One Step Sparring - Head Punch, Stomach Punch, Front Snap Kick, Side Kick, Roundhouse Kick

Kata

- Tekki Shodan
- Sentei Kata (Choose from: Bassai-Dai, Kanku-Dai, Jion or Enpi)



1st Kyu (Brown)

Kihon

From Zenkutsu Dachi Gedan Barai (Forward-Leaning Stance, Downward Block)

- Maegeri, Oizuki (Front Snap Kick, Stepping Punch)
- Mawashigeri, Gyakuzuki (Roundhouse Kick, Reverse Punch)
- Maegeri, Oizuki, Gyakuzuki (Front Snap Kick, Stepping Punch, Reverse Punch)
- Maegeri, Mawashigeri (Change Legs) (Front Snap Kick, Roundhouse Kick)
- Kizami Yokogeri, Ushirogeri (Change Legs) (Snap Side Kick, Back Kick)

From Kiba Dachi (Horse Stance)

- Yokogeri Keage, Yokogeri Kekomi (Same Leg) (Side Snap Kick, Side Thrust Kick)

From Fudo Dachi (Rooted Stance)

- Oizuki (Stepping Punch)

Kumite

- Kihon Ippon Kumite – Jodan, Chudan, Maegeri, Yokogeri, Mawashigeri (Free One Step Sparring – Head Punch, Stomach Punch, Front Snap Kick, Side Kick, Roundhouse Kick)

Kata

- Tekki Shodan
- Sentei Kata (Choose from: Bassai-Dai, Kanku-Dai, Jion or Enpi)