

	10°. KYU ( Orange Belt)	9°. KYU (Orange Belt)	8°. KYU (Blue Belt)	7°. KYU (Blue Belt)	6°. KYU (Yellow Belt)
TACHIKATA (Stances)	Yoi Fudo Dachi Sanchin Dachi Zenkutsu Dachi	Musubi Dachi Heiko Dachi Heisoku Dachi Kokutsu Dachi	Kiba Dachi Tsuru Ashi Dachi Kumite No Kamae	Uchi Hachiji Dachi Neko Ashi Dachi Shiko Dachi	Kake Ashi Dachi
TSUKI (punches & strikes)	Seiken Oi Tsuki (J/C/G) Seiken Gyaku Tsuki (J/C/G) Seiken Morote Tsuki (J/C/G) Seiken Ago Uchi	Seiken Shita Tsuki Seiken Tate Tsuki (J/C/G) Seiken Kagi Tsuki Hiji Ate (J/C)	Uraken Ganmen Uchi Uraken Sayu Ganmen Uchi Uraken Hizo Uchi Uraken Mawashi Uchi Uraken Oroshi Ganmen Uchi	Tettsui KomiKami Tettsui Oroshi Ganmen Uchi Tettsui Hizo Uchi Tettsui Yoko Uchi (J/C/G) Mae Tettsui Yoko Uchi (J/C/G)	Shuto Yoko Ganmen Uchi Shuto Sakotsu Uchi Shuto Hizo Uchi Shuto Jodan Uchi Uchi Shuto Sakotsu Uchi Komi Ushiro Hiji Ate Nihon Nukite Yonhon Nukite (J/C)
UKE (Blocks)	(Seiken/Shuto) Jodan Uke (Seiken/Shuto) Mae Gedan Barai	(Seiken/Shuto) Chudan Soto Uke (Seiken/Shuto) Chudan Uchi Uke	(Seiken/Shuto) UchiUke/Gedan Barai Morote Chudan Uchi Uke	Shuto Mawashi Uke Mae Shuto Mawashi Uke	Enkei Gyaku Tsuki Mawashi Gedan Barai Juji Gedan Barai Hiji Uke Jodan Shuto Uchi Uke
KERI (Kicks)	Hiza Geri Kin Geri Mae Geri (J/C)	Mae Keage Yoko Keage Uchi Mawashi Keage Soto Mawashi Keage	Kansetsu Geri Yoko Geri (J/C) Mawashi Geri (J/C/G)	Jodan Uchi Heisoku Geri Ago Jodan Geri	Ushiro Geri (J/C/G) 3 methods Ushiro Mawashi Geri (J/C/G)
IDO Moving	Zenkutsu Dachi Sanchin Dachi	Kokutsu Dachi	Kiba Dachi	Neko Ashi Dachi	Kake Ashi Dachi
KATA	Taikyoku Sono Ichi Taikyoku Sono Ni	Taikyoku Sono San	Sokugi Taikyoku Sono Ichi Sokugi Taikyoku Sono Ni Sokugi Taikyoku Sono San	Pinan Sono Ichi Sanchin No Kata	Pinan Sono Ni Pinan Sono San
RENRAKU (Combinations)			Mae Geri, Chudan Gyaku Tsuki  Chudan Soto Uke, Mae Gedan Barai, Chudan Gyaku Tsuki		
STAMINA (exercices)	15 / 40 / 15 push-ups, sit-ups, squatts	20 / 45 / 20 push-ups, sit-ups, squatts	30 / 50 / 30 Tobi Geri	35 / 55 / 35 Tobi Geri + 10 cm	40 / 60 / 40 Tobi Geri + 15 cm
Kumite	Ippon Kumite	Yakusoku Kumite Sambon Kumite	Jiyu Kumite 2 x 60 sec.	Jiyu Kumite 3 x 60 sec.	Jiyu Kumite 4 x 60 sec.
KOKYU HO (breathing)	Nogare (Omote, Ura) Kiai			Ibuki Sankai	

	5°. KYU (Yellow Belt)	4°. KYU (Green Belt)	3°. KYU (Green Belt)	2°. KYU (Brown Belt)	1°. KYU (Brown Belt)
TACHIKATA (Stances)	Moro Ashi Dachi				
TSUKI (punches & strikes)	Shotei Uchi (J/C/G) Age Hiji Ate (J/C) Oroshi Hiji Ate Jun Tsuki (J/C/G)	Koken Uchi (J/C/G) Mae Hiji Ate (J/C) Haishu Uchi (J/C)	Hira Ken Tsuki (J/C) Hira Ken Oroshi Uchi Hira Ken Mawashi Uchi	Ryuto Ken Tsuki (J/C) Nakayubi Ippon Ken (J/C) Oyayubi Ippon Ken (J/C) Hitosashi Yubi Ippon Ken (J/C) Yama-Tsuki	Keiko Uchi Haito Uchi (J/C/G) Morote Haito Uchi (J/C)
UKE (Blocks)	Seiken/Shuto Juji Uke (J/G) Shotei Uke (J/C/G)	Koken Uke (J/C/G)	Gedan Shuto Morote Uke Gedan Shotei Morote Uke	Kake Uke (J/C) Morote Kake Uke	Chudan Haito Uchi Uke Osae Uke
KERI (Kicks)	Oroshi Uchi Kakato Geri Oroshi Soto Kakato Geri	Kake Geri (J/C/G)	Mae Kakato Geri (J/C/G) Age Kakato Ushiro Geri	Tobi Mae Geri Tobi Nidan Geri	Yoko Tobi Geri Mawashi Tobi Geri Ushiro Tobi Geri Ushiro Mawashi Tobi geri
IDO Moving	Moro Ashi Dachi	Ura Ido	Yon Ju Go Do Ido	Kumite no Kamae: Okuri Ashi*, Fumi Ashi* Kosa, Oi Ashi* *(Mae, Sagari), various angles	
KATA	Pinan Sono Yon	Pinan Sono Go Taikyoku Sono Ichi Ura Taikyoku Sono Ni Ura Taikyoku Sono San Ura	Tsuki No Kata	Geki Sai Dai Tensho	Geki Sai Sho Yantsu
RENRAKU		Mae Geri, Yoko Geri, Ushiro Geri, Chudan Gyaku Tsuki		Back in Gedan Barai, forward with Ago Uchi and Gyaku Tsuki, one step Mae Geri (Oi Ashi), Mawashi Geri, Ushiro Geri, Gedan Barai, Gyaku Tsuki	A: Oi Tsuki, Gyaku Tsuki, Oi Tsuki, Shita Tsuki B: Mawashi Geri with front leg, Oi Tsuki, Gyaku Tsuki, Mawashi Geri with back leg
STAMINA (exercices)	45 / 65 / 45 Tobi Geri + 15 cm	50 / 70 / 50 Tobi Geri + 20 cm	55 / 75 / 55 Tobi Geri + 20 cm	60 / 80 / 60 Tobi Geri + 30 cm	65 / 100 / 65 Tobi Geri + 30 cm
Kumite	Jiyu Kumite 5 x 60 s.	Jiyu Kumite 6 x 60 s.	Jiyu Kumite 10 x 60 s.	Jiyu Kumite 12 x 60 s.	Jiyu Kumite 15 x 60 s.
KOKYU HO (breathing)					

	<b>1°. DAN (Black Belt)</b>	<b>2°. DAN (Black Belt)</b>	<b>3°. DAN (Black Belt)</b>	<b>4°. DAN (Black Belt)</b>
<b>TSUKI</b> (punches & strikes)	Toho Uchi Age Jodan Tsuki			
<b>UKE</b> (Blocks)	Morote Haito Uchi Uke			
<b>KATA</b>	Saifa Pinan Sono Ichi Ura Pinan Sono Ni Ura Pinan Sono San Ura Pinan Sono Yon Ura Pinan Sono Go Ura	Seipai Seienchin	Kanku Garyu Make your own kata	Sushi Ho
<b>RENRAKU</b> Combinatios	Mawashi Geri, Ushiro Mawashi Geri, Jodan Mae Geri, Mawashi Geri, Ushiro Mawashi Geri			
<b>STAMINA</b> (exercices)	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm	75 / 150 / 75 Tobi Geri +30cm
<b>Kumite</b>	Jiyu Kumite 20x60 s.	Jiyu Kumite 30x60s	Jiyu Kumite 40x60s	Jiyu Kumite 50x60s
<b>Diplomas</b>		National Judge/Referee	International Judge	International Referee