

	9-8 Kyu	7-6 Kyu	5-4 Kyu	3 Kyu	1-2 Kyu	1 Dan	
Kihon	1	Chudan Oizuki	Chudan Oizuki	Sanbonzuki	Sanbonzuki	Maegeri, Oizuki	Sanbonzuki
	2	Chudan Gyakuzuki	Chudan Gyakuzuki	Spin-Gyakuzuki	Spin Gyaku-Sanbonzuki	Mawashigeri, Gyakuzuki	Spin Gyaku-Sanbonzuki
	3	Jodan Age-Uke	Jodan Age-Uke, Gyakuzuki	Sotouke, Enpi	Age-Uki, Gyakuzuki	Maegeri, Oizuki, Gyakuzuki	Age-Uki, Uraken, Gyakuzuki (Age-Uke+Uraken:Same Arm)
	4	Chudan Soto-Uke	Chudan Soto-Uke, Gyakuzuki	Uchi-Uke, Kizamizuki, Gyakuzuki	Soto-Uki, Enpi, Uraken	Maegeri, Mawashigeri (Change Legs)	Soto-Uke, Enpi , Spin Uraken, Gyakuzuki
	5	Shuto-Uke	Chudan Uchi-Uke, Gyakuzuki	Shuto-Uke , Nukite	Spin Shuto-Uki	Kizami-Yokogeri, Ushirogeri (Change Legs)	Uchi-Uke, Kizamizuki, Gyakuzuki, Mawashi-Enpi
	6	Maegeri	Shuto-Uke	Maegeri/Rengeri (Jodan & Chudan)	Maegeri, Gyakuzuki	Yokogeri keage, Yokogeri Kekomi (Same Leg)	Spin Shuto-Uki , Kizamigeri, Nukite
	7	Yokogeri Keage	Maegeri	Mawashigeri	Mawashigeri, Uraken, Gyakuzuki	Oizuki	Maegeri, Mawashigeri, Gyakuzuki
	8		Mawashigeri	Yokogeri Keage	Yokogeri Keage		Maegeri, Yokogeri, Gyakuzuki
	9		Yokogeri Keage	Yokogeri Kekomi	Yokogeri Kekomi		Maegeri, Mawashigeri (Same Leg)
	10		Yokogeri Kekomi		Ushirogeri		Mawashigeri, Kekomi, (SameLeg)

Stance: **Zenkutsu Dachi** **Kiba Dachi** **Kokutsu Dachi** **Fudo Dachi**

	Kata	Kumite
9 Kyu	Heian Shodan	Gohon Kumite: Jodan, Chudan
8 Kyu	Heian Shodan	Gohon Kumite: Jodan, Chudan
7 Kyu	Heian Nidan	Sanbon Kumite: Jodan, Chudan, Maegeri
6 Kyu	Heian Sandan	Kihon Ippon Kumite: Jodan, Chudan, Maegeri
5 Kyu	Heian Yondan	Kihon Ippon Kumite: Jodan, Chudan, Maegeri, Mawashigeri
4 Kyu	Heian Godan	Kihon Ippon Kumite: Jodan, Chudan, Maegeri, Mawashigeri
3 Kyu	Tekki Shodan	Jiyu Ippon Kumite: Jodan, Chudan, Maegeri, Mawashigeri
2 Kyu	Tekki Shodan + Sentei Kata	Jiyu Ippon Kumite: Jodan, Chudan, Maegeri, Mawashigeri
1 Kyu	Tekki Shodan + Sentei Kata	Jiyu Ippon Kumite: Jodan, Chudan, Maegeri, Mawashigeri
1 Dan	Sentei Kata	Jiyu Kumite