

GRADING REQUIREMENTS - 10th to 4th kyu - Blue Belt Program

	10th KYU High White	9th KYU Yellow	8th KYU Orange	7th KYU Red	6th KYU Green	5th KYU Purple	4th KYU Blue
KIHON	From shizentai: -Chokuzuki > -Ageuke > -Sotouke > -Maegeri > +Stances: - Kibadachi - Zenkutsudach	From Shizentai: - Chokuzuki > - Ageuke > - Soto uke > - Maegeri > - Shtouke > +Stances: - Kibadachi - Zenkutsudachi - Kokutsudachi	From gedanbarai - Oizuki > - Ageuke > - Sotouke > - Uchiuke < - Shutouke > - Maegeri > - Gednbarai > - Shutouke > - Gednbarai > - Maegeri > +Sambonzuki >	- Oizuki > - Ageuke < - Sotouke > - Uchiuke < - Shutouke > - Maegeri > From Heisokudach: - Keage <> - Kekome <>	- Oizuki > - Ageuke < - Sotouke > - Uchiuke < - Shutouke > - Maegeri > From Kibadachi: - Keage <> -Kekome <>	- Oizuki Combos: <> - Ageuke, - Sotouke & - Ged.barai combined with gyakuzuki - Shutouke > - Maegeri > From Kibadachi: - Keage <> -Kekome <>	The same as 5th kyu plus... - Sambonzuki <> and - Shtouke nukite >
KATA	n/a	n/a	Taikyoku shodan	Heian shodan	Heian nidan	Heian sandan	Heian Yondan
KUMITE	n/a	n/a	Gohon kumite (jodan/chudan)	Gohon kumite (jodan/chudan)	Kihon Ippon Kumite, Jodan & Chudan oizuki	Kihon Ippon Kumite, Jodan & Chudan oizuki, maegeri	Kihon Ippon Kumite, Jodan & Chudan oizuki, maegeri & Kekome
FITNESS					20 push-ups 30 sit-ups Roll back toes to floor		
Special Content of the term, if highlighted by Sensei. Ask instructors what it is, if unsure							
Note: An important part of your training is your participation in training, which will be taken into consideration as well (attendance rate)							
Tip: For best results always set your goals ahead of time, put them down on paper, and lay down a plan. Ask if you need help with setting your goals							
> means step forward < means step backwards <> means in both directions							

GRADING REQUIREMENTS - 3rd kyu to Shodan - Advanced Program



	3RD KYU Brown	2ND KYU High Brown	1ST KYU High Brown	Shodan 1 st Dan Black Belt
KIHON	The same as 4 th kyu plus: Uchiuke-gyakuzuki on kokutsudachi > Mawashigeri > Kekome from zenkutsudachi >	- Oizuki Combos: <> - Ageuke & Sotouke, & Ged.barai + gyakuzuki - Shutouke > - Maegeri > From Kibadachi: - Keage <> - Kekome <>	Same as 3 rd kyu plus: - Renzuki: Oizuki-gyakuzuki > - Sotouke-empi >	The same as 1 st kyu, plus: - Sambon zuki - Soto-uke > Empi > uraken > gyakuzuki - Maegeri on the spot, and maegeri, stepping -Uchiuke-gyakuzuki (on kokutsu and zenkutsudachi)
KATA	Heian Godan	Tekki-shodan	Bassai-dai	Choice of Bassai-dai, Kanku-dai, Empi, or Jion
KUMITE	Jyu ippon kumite Jodan and Chudan oizuki, and chudan maegeri	Jyu ippon kumite Jodan & Chudan oizuki, chudan maegeri, mawashigri	Jyu ippon kumite Jodan & Chudan oizuki, chudan maegeri, mawashigeri & Kekome	Jyu ippon kumite Jodan & Chudan oizuki, chudan maegeri, mawashigeri & Kekome
FITNESS	30 push-ups, 40 sit-ups			40 push-ups, 50 sit-ups Flex: Roll back toes to the floor + Splits

SPECIAL CONTENT of the term, if highlighted and announced by Sensei. Ask instructors what it is, if unsure

Note: Understanding of all basic terminology is required for all these levels

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