

| | 5 ^o . KYU (Yellow Belt) | 4 ^o . KYU (Green Belt) | 3 ^o . KYU (Green Belt) | 2 ^o . KYU (Brown Belt) | 1 ^o . 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) | | | | | |