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