



Yellow Belt | 9 Kyu

Spirit & Knowledge

- Know Dojo Kun
- Count to 10 in Japanese
- Tie gi and belt properly
- Show strong spirit

KIHON

Stationary Techniques (natural stance - 5x)

- Stomach punch (Chudan Tsuki)
- Rising block (Age Uke)
- Outside block (Soto Uke)
- Down block (Gedan Barai)
- Front snap kick to stomach (Mae Geri Kaege Chudan)

Moving Techniques (5x)

- Lunge punch (Oi Tsuki Chudan)
- Rising block (Age Uke)
- Outside block (Soto Uke)
- Down block (Gedan Barai)
- Front snap kick stomach (Mae Geri Chudan - 3x)
- Side snap kick stomach (Yoko Geri Keage Chudan - 3x)

KATA

- Taikyoku (Shodan)

KUMITE

5-step sparring (Kihon Gohon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)



Orange Belt | 8 Kyu

Spirit & Knowledge

- Show focus and strong spirit
- Demonstrate hip engagement/position in strikes and blocks

KIHON

Stationary Techniques (front stance - 5x)

- Down block + Reverse punch (Gedan Barai + Gyaku Tsuki)

Moving Techniques (forward and backward - 5x)

- Lunge punch (Oi Tsuki Chudan)
- Rising block (Age Uke)
- Outside block (Soto Uke)
- Inside block (Uchi Uke)
- Down block (Gedan Barai)
- Knife hand/back stance (Shuto Uke)
- Front snap kick stomach (Mae Geri Kaege Chudan)
- Front Front snap kick stomach (Mae Geri Kaege Face)
- Side thrust kick stomach (Horse stance - Yoko Geri Kekomi Chudan - 3x)
- Side snap kick stomach (Horse stance - Yoko Geri Keage Chudan - 3x)

KATA

- Taikyoku Shodan (review)
- Heian Shodan (test)

KUMITE

3-step sparring (Kihon Sanbon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)
- Front kick stomach (Mae Geri Chudan)



Blue Belt | 7 Kyu

Spirit & Knowledge

- Demonstrate hip action in strikes and blocks
- Demonstrate targeting
- Demonstrate stance transitions

KIHON

Stationary Techniques (front stance/back stance - front leg transition - 5x)

- Knife hand block/back stance (Shuto Uke) + Spear hand thrust/front stance (Nukite)

Moving Techniques (5x)

- Lunge punch (Oi Tsuki Chudan)
- Rising block + Reverse punch on final block (Age Uke + Gyaku Tsuki)
- Outside block + Reverse punch on final block (Soto Uke + Gyaku Tsuki)
- Inside block + Reverse punch on final block (Ude Uke + Gyaku Tsuki)
- Down block + Reverse punch on final block (Gedan Barai + Gyaku Tsuki)
- Knife hand/back stance + Spear hand/front stance (Shuto Uke + Nukite)
- Front snap kick stomach (Mae Geri Keage Chudan)
- Front thrust kick stomach (Mae Geri Kekomi Chudan)
- Side thrust kick stomach (Horse stance - Yoko Geri Kekomi Chudan - 3x)
- Side snap kick stomach (Horse stance - Yoko Geri Keage Chudan - 3x)

KATA

- Heian Shodan (review & bunkai)
- Heian Nidan (test)

KUMITE

3-step sparring (Kihon Sanbon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)
- Front kick stomach (Mae Geri Chudan)



Green Belt | 6 Kyu

Spirit & Knowledge

- Demonstrate body shifting
- Demonstrate bunkai (kata application)
- 10 Push-up & 25 Sit-ups

KIHON

Stationary Techniques (front stance - 5x)

- Jab + Reverse punch (Kizamai Tsuki + Gyaku Tsuki)

KIHON

Moving Techniques (5x)

- Triple Punch (Sanbon Tsuki) Face → Stomach → Stomach
- Rising block + Reverse punch (Age Uke + Gyaku Tsuki)
- Outside block + Reverse punch (Soto Uke + Gyaku Tsuki)
- Inside block + Reverse punch (Uchi Uke + Gyaku Tsuki)
- Down block + Reverse punch (Gedan Barai + Gyaku Tsuki)
- Knife hand block/back stance + Spear hand thrust/front stance (Shuto Uke + Nukite Chudan)

Kicking (front stance/zenkutsu dachi - 5x)

- Front snap kick stomach (Mae Geri Keage Chudan)
- Front thrust kick stomach (Mae Geri Kekomi Chudan)
- Side snap kick (Yoko Geri Keage Chudan)
- Side thrust kick (Yoko Geri Kekomi Chudan)
- Roundhouse kick stomach (Mawashi Geri Chudan)
- Crescent kick (Mikazuki Geri Chudan)

KATA

- Heian Shodan – Nidan (review & bunkai)
- Heian Sandan (test)

KUMITE (shifting - right leg anchor)

1-step sparring (Kihon Ippon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)
- Front kick stomach (Mae Geri Chudan)
- Side kick to stomach (Yoko Geri Chudan)
- Roundhouse kick to stomach (Mawashi Geri Chudan)



Purple/White Belt | 5 Kyu

Spirit & Knowledge

- Demonstrate bunkai (kata application)
- Execute combinations with control
- 15 Push-ups & 30 Sit-ups

KIHON

Shifting Techniques (guard/kamae - front leg shift - 5x)

- Jab + Reverse punch (Kizami Tsuki + Gyaku Tsuki)

Moving Techniques (5x)

- Lunge punch face + Reverse punch stomach (Oi Tsuki Jodan + Gyaku Tsuki Chudan)
- Rising block + Reverse punch (Age Uke + Gyaku Tsuki)
- Outside block/front stance + shift to horse stance + Elbow strike (Soto Uke + Empi Uchi)
- Inside block + Reverse punch (Uchi Uke + Gyaku Tsuki)
- Down or Hook block + Reverse punch face (Gedan Barai or Kake Uke + Gyaku Tsuki Jodan)
- Knife hand block/back stance + Spear hand thrust/front stance (Shuto Uke + Nukite Chudan)

Kicking (performed in front stance - 5x)

- Front snap kick (Mae Geri Keage Chudan)
- Front thrust kick (Mae Geri Kekomi Chudan)
- Side snap kick (Yoko Geri Keage Chudan)
- Chudan Side thrust kick (Yoko Geri Kekomi)
- Roundhouse kick (Mawashi Geri Chudan)
- Double front kick (changing legs) - snap stomach → thrust face (Nidan Mae Geri)

KATA

- Heian Shodan – Sandan (review & bunkai)
- Heian Yondan (test)

KUMITE (right side/left side)

1-step sparring (Kihon Ippon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)
- Front kick stomach (Mae Geri Chudan)
- Side kick to stomach (Yoko Geri Chudan)
- Roundhouse kick to stomach (Mawashi Geri Chudan)



Purple Belt | 4 Kyu

Spirit & Knowledge

- Demonstrate bunkai (kata application)
- Demonstrate precise footwork

KIHON

Stationary Techniques (stationary front stance - 5x)

- Uraken Jodan + Gyaku Tsuki Chudan (Backfist face + reverse punch stomach)

Moving Techniques (5x)

- Back fist face (full chamber) + Reverse punch (Uraken + Gyaku Tsuki)
- Rising block + Back fist + Reverse punch (Age Uke + Uraken + Gyaku Tsuki)
- Outside block + Elbow strike + Back fist + Reverse punch (Soto Uke + Empi Uchi + Uraken + Gyaku Tsuki)
- Inside block + Jab + Reverse punch (Uchi Uke + Kizami Tsuki + Gyaku Tsuki)
- Down or Hook block + Back fist + Reverse punch (Gedan Barai or Kake Uke + Uraken + Gyaku Tsuki)
- Knife hand block/back stance + Spear hand thrust/front stance (Shuto Uke + Nukite Chudan)

Kicking Combinations (performed in front stance - 3 sets)

- Double front kick (changing legs) - snap stomach → thrust stomach (Nidan Mae Geri → Keage → Kekomi)
- Double side kick (changing legs) - snap stomach → thrust stomach (Nidan Yoko Geri → Keage → Kekomi)
- Double roundhouse kick (changing legs) - stomach → face (Nidan Mawashi Geri → Chudan → Jodan)
- Double kick (changing legs) - Front kick + Roundhouse face (Nidan Geri → Mae Geri → Mawashi Geri)

KATA

- Heian Shodan – Yondan (review & bunkai)
- Heian Godan (test)

KUMITE (right side/left side)

Free 1-Step Sparring (Jiyu Ippon Kumite)

- Face punch (Jodan Tsuki)
- Stomach punch (Chudan Tsuki)
- Front kick stomach (Mae Geri Chudan)
- Side kick to stomach (Yoko Geri Chudan)
- Roundhouse kick to stomach (Mawashi Geri Chudan)

Jiyu Kumite (continuous free sparring– 1 minutes)



Brown/White Belt | 3 Kyu

Spirit, Knowledge, Leadership

- Exam directions in Japanese
- Able to lead warm-ups and stretching (demonstrate prior to exam)
- Understand bunkai for Heian katas
- Basic Shotokan & Dojo History

KIHON

Moving Techniques (from Kaman Dachi - 4 sets)

- Shift in (Yori ashi) Kizami Zuki + step in Oi Zuki Jodan + Gyaku Zuki Chudan
- Step back Age Uke + Uraken Jodan + Gyaku Zuki Chudan
- Step in Uchi Uke + Kizami Zuki Jodan + Gyaku Zuki Chudan
- Step back Soto Uke + Empi Uchi (Kiba dachi) + Uraken Jodan + Gyaku Zuki (Zenkutsu dachi)
- Step in Gedan Barai + Uraken Jodan + Gyaku Zuki Chudan
- Step back Shuto Uke (Kokutsu dachi) + Kizami Mae Geri Chudan + Nukite (Zenkutsu dachi)

Kicking Combinations (3 sets)

- Nidan Mae Geri Keage (Chudan → Jodan)
- Nidan Mae Geri Kekomi (Chudan → Jodan)
- Nidan Mawashi Geri (Chudan → Jodan)
- Nidan Yoko Geri Keage (Chudan → Jodan)
- Nidan Yoko Geri Kekomi (Chudan → Jodan)
- Nidan Yoko Geri (Keage Chudan → Kekomi Jodan)

KATA

- Heian Katas (random review & bunkai)
- Tekki Shodan (test)

KUMITE (right or left side)

Jiyu Ippon Kumite (1-step sparring, moving freely)

- Jodan Tsuki
- Chudan Tsuki
- Mae Geri Chudan
- Yoko Geri Chudan
- Mawashi Geri Chudan
- Ushiro Geri Chudan

Jiyu Kumite (continuous free sparring 2 minutes)

Pads/Bag work (1-minute rounds x2)



Brown Belt | 2 Kyu

Spirit, Knowledge, Leadership

- Exam directions in Japanese
- Able to lead kata with tempo by the count (demonstrate during and prior to exam)
- Understand basic shotokan and dojo history
- Understand bunkai for Heian & Tekki katas

KIHON

Moving Techniques (from Kamae dachi - 4 sets)

- Shift in (Yori ashi) Kizami Zuki + Uraken Jodan + Gyaku Zuki Chudan
- Step back Nagashi Uke Jodan + Uraken Jodan + Gyaku Zuki Chudan
- Step in Uchi Uke + Kizami Zuki Jodan + Gyaku Zuki Chudan
- Step back Shuto Uke + Kizami Mae Geri Chudan + Nukite (Zenkutsu Dachi)
- Shift, then step forward Oi Zuki + Gyaku Zuki + step back Gedan Barai + Gyaku Zuki
- Step back Gedan Kake Uke + Gyaku Zuki Chudan

Kicking (3 sets each)

- Kizami Mae Geri Gedan + Mae Geri Keage Chudan + Mae Geri Kekomi Jodan + Gyaku Zuki
- Mae Nidan Tobi Geri + Kizami Zuki + Gyaku Zuki
- Kizami Mawashi Geri Gedan + Mae Geri Keage Chudan + shuffle Ashi Barai + Gyaku Zuki
- Shift in (Yori Ashi) Gyaku Zuki + shuffle back Ushiro Geri Chudan + step forward Mae Keage Chudan

KATA

- Heian Katas (random review & bunkai)
- Tekki Shodan (review & bunkai)
- Tekki Nidan (test)
- Advanced Kata (choose one - Bassai Dai, Kanku Dai, Jion, or Empi)

KUMITE

Jiyu Ippon Kumite (right or left side)

- Jodan Tsuki
- Chudan Tsuki
- Mae Geri Chudan
- Yoko Geri Chudan
- Mawashi Geri Chudan
- Ushiro Geri Chudan

Jiyu Kumite (continuous free sparring 2 minutes)

Pads/Bag work (1-minute rounds x2)



Brown/Black Belt | 1 Kyu

Spirit, Knowledge, Leadership

- Exam directions in Japanese
- Able to lead kata (demonstrate during and prior to exam)
- Understand bunkai and dojo history

KIHON

Moving Techniques (each set from Kaman Dachi - 4 sets)

- Shift in (Yori ashi) Gyaku Zuki Chudan + step in Gyaku Zuki Chudan
- Step back Nagashi Uke Jodan + Uraken Jodan + Gyaku Zuki Chudan
- Shift in Kizami Zuki + Gyaku Zuki Jodan + step in Gyaku Zuki Chudan
- Step back Gedan Kake Uke + Uraken Jodan + Gyaku Zuki Chudan
- Step forward Uchi Uke + Kizami Teisho Uchi Jodan (palm heel/front hand) + Gyaku Zuki
- Step back Shuto Uke + Nidan Geri + Nukite Chudan

Kicking (3 sets each)

- Kizami Mae Geri Gedan + Gyaku Zuki + Mae Geri Keage + Mae Geri Kekomi + Gyaku Zuki
- Mae Nidan Tobi Geri + Kizami Zuki + Gyaku Zuki + shuffle up Ashi Barai + Gyaku Zuki
- Kizami Mae Geri Gedan + Ashi Barai (back leg) + Gyaku Zuki Chudan
- Step in Gyaku Zuki + Mikazuki Geri + Ushiro Geri Chudan + Uraken Jodan + Gyaku Zuki

KATA

- Heian Katas (random review & bunkai)
- Tekki Shodan/Nidan (review & bunkai)
- Tekki Sandan (test)
- Advanced Kata (choose one - Bassai Dai, Kanku Dai, Jion, or Empi)

KUMITE

Kihon Ippon Kumite (right or left side)

- Jodan or Chudan Tsuki
- Mae Geri or Yoko Geri
- Mawashi Geri or Ushiro Geri

Jiyu Ippon Kumite (right or left side)

- Jodan or Chudan Tsuki
- Mae Geri or Yoko Geri
- Mawashi Geri or Ushiro Geri

Jiyu Kumite (continuous free sparring 3-5 minutes)

Pads/Bag work (1-minute rounds x3)