

**WHITE BELT**

8th kyu

**GOLD BELT**

7th kyu

**BLUE BELT**

6th kyu

**PURPLE BELT**

5th kyu

**GREEN BELT**

4th kyu

**BROWN BELT**

**3rd kyu**

**BROWN BELT**

**2nd kyu**

**BROWN BELT**

**1st kyu**

**LT**

**White Belt:**

**Time: 1 month +**

**BLOCK**

**KICK**

**Strikes**

**Shifts**

High

low

Inverse



Front Kick

Front Stretch



Basic Panch

Jab/Reverse



Stap-up Panch

Front Kick + Stap-up panch



Attention

Ready

Front

Horse

Fighting

Basic

Front & Back Step

Martial Art & Karate

***\* One self-defense technique(Wrist Lock)***

***Gold Belt:***

***Time: 3 months +***



***All Previous +***

**BLOCK**

**KICK**

**Strikes**

**Shifts**

Invers

Outside to Inside

Inside to Outside

Round

Side



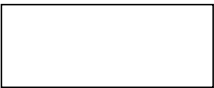
Back Fist

Palm Heel



Lungs

Front Kick + Lungs



Lunge

Cat

Penan Nidan

Penan Shodan

Scout & Shuffle

Wado

About Dojo, Shihan & Sensei

**\* One self-defense technique()**

***Blue Belt:***

***Time: 3 months +***

*All Previous +*

**BLOCK**

**KICK**

**Strikes**

**Shifts**

Knife Hand

Open Palm

Middle



Spear Hand

Hammer Fist



Reverse Punch



Front Kick +

Reverse Punch

Reverse

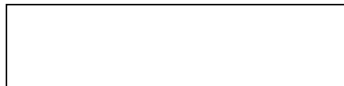
Penan Sandan Shadow Lead & Back Diagonal



Step through

Wado

About Dojo, Shihan & Sensei



**\* One self-defense technique(Albow Strikes)**

***Purple Belt:***

***Time: 3 months +***

***All Previous +***

**BLOCK**

**KICK**

**Strikes**

**Shifts**

Sweeping

Double

Back



Vertical Fist

Ridge Hand

Open Fist-Haito(Palm down)

Back Hand



No Additional

Closed Toes

Penan Yandan

Kiso 1-6

No-Touck Round 2+

Step through Corner

Wado

About Dojo, Shihan & Sensei



**\* One self-defense technique(Albow Strikes)**

***Green Belt:***

***Time: 4 months +***

*All Previous +*

**BLOCK**

**KICK**

**Strikes**

**Shifts**

Cross

Hook





One finger

Open Fist(Palm up)

No Additional

No Additional

Penan Godan

Kusanku 1/2

Kiso 1-6

Controlled Round 3 +

Step Side

Wado

About Dojo, Shihan & Sensei

**\* One self-defense technique**

***Junior Brown Belt***

***Time: 4 months +***

***All Previous +***

**BLOCK**

**KICK**

**Strikes**

**Shifts**

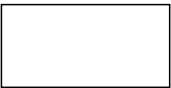
Scooping(Pullig)

Spin

Inverse



Forearm



Nagashi

Naihanchi

Kusanku

Naihanchi

Kiso 1-8

Controlled Round 4 +

No Additional

Wado

About Dojo, Shihan & Sensei



**\* *Self-defense technique***

***Brown Belt:***

***Time: 4 months +***

***All Previous +***



Elbow Stomp



No Additional

No Additional

No Additional

No Additional

Jion

Kiso All

Kata Application(Group)

Controlled Round 5 +

No Additional

Wado

About Dojo, Shihan & Sensei

**\* *Self-defense technique***

***Senior Brown Belt:***

***Time: 4 months +***

***All Previous +***

**BLOCK**

**KICK**

**Strikes**

**Shifts**

Pressing Block(Koken)

Stomping

No Additional

No Additional

No Additional

Kata Application(Group)

Controlled Round 6 +

No Additional

Black Belt Test Questions

**\* *Self-defense technique***