












Belt	Grade	Requirement
	Jukyu (Red Belt) 10th Kyu <i>12 weeks training</i>	Students receive the rank of jukyu upon completion of their introductory training. Sanchin kata and Hojo Undo with assistance.
	Kyukyu (Yellow Belt) 9th Kyu <i>minimum time to grade 3 months</i>	Sanchin kata and Hojo Undo performed with assistance. First movement from Dai Ichi Yaksoku kumite.
	Hachikyu (Yellow Belt Orange Stripe) 8th Kyu <i>minimum time to grade 3 months</i>	Sanchin kata, Hojo Undo and light Kotekitae with assistance. Students may begin to learn Kanshiwa kata. Technique 1, 2 from Dai Ichi Yaksoku kumite.
	Shichikyu (Orange Belt) 7th Kyu <i>minimum time to grade 3 months</i>	Sanchin kata, Hojo Undo and light Kotekitae with assistance. Kanshiwa kata. Students may begin to learn Kanshiwa Bunkai. Slow speed sparring introduced. Technique 1, 2, 3 from Dai Ichi Yaksoku kumite.
	Rokyu (Orange Belt Green Stripe) 6th Kyu <i>minimum time to grade 4 months</i>	Sanchin kata, Hojo Undo, Kotekitae and Kanshiwa kata without assistance. Kanshiwa Bunkai. Technique 1, 2, 3, 4 from Dai Ichi Yaksoku kumite. Dani Seisan (Konshu) kata. Slow speed and freestyle sparring may now be practiced under close supervision.
	Gokyu (Green Belt) 5th Kyu <i>minimum time to grade 4 months</i>	Sanchin kata, Hojo Undo, Kotekitae, Kanshiwa kata, Kanshiwa bunkai. Technique 1, 2, 3, 4, 5 from Dai Ichi Yaksoku kumite. Students should be able to perform Dani Seisan (Konshu) kata with assistance. Freestyle sparring may be practiced, lightly and slowly. Student may also start to learn Kyu Kumite (optional).
	Yonkyu (Green Belt, one brown stripe) 4th Kyu <i>minimum time to grade 4 months</i>	Sanchin kata, Hojo Undo, Kotekitae, Kanshiwa kata, Kanshiwa bunkai. Dani Seisan (Konshu) kata should be done proficiently. Technique 1, 2, 3, 4, 5 from Dai Ichi Yaksoku kumite. Students begin to learn Seichin kata and freestyle sparring may be practiced.
	Sankyu (Brown Belt, one black stripe) 3rd Kyu <i>minimum time to grade 5 months</i>	Sanchin, Kanshiwa, Dani Seisan, and Seichin katas and all exercises, bunkai and kumite must be performed with good form, speed and strength. Students may now begin to learn Seisan kata, Seisan Bunkai. Technique 1, 2, 3, 4, 5, 6, 7 from Dai Ichi Yaksoku kumite. Freestyle sparring may now be practiced at more realistic speeds.
	Nikyu (Brown Belt two black stripes) 2nd Kyu <i>minimum time to grade 5 months</i>	Sanchin, Kanshiwa, Dani Seisan, Seichin katas and all exercises, bunkai and Kumite must be performed with good form, speed and strength. New Material: Seisan kata, Seisan Bunkai. Technique 1, 2, 3, 4, 5, 6, 7, 8, 9 from Dai Ichi Yaksoku kumite. Student may also start to learn Dan Kumite (optional).
	Ikkyu (Brown Belt, three black stripes) 1st Kyu <i>minimum time to grade 5 months</i>	In addition to all previous material, students should be able to complete Seisan kata, Seisan Bunkai and the complete 10 techniques from the Dai Ichi Yakusoku Kumite without assistance. At this stage a student is preparing to become a Black Belt and it should clearly show in their performance (intensity, focus and excellent spirit).
	Shodan (Black Belt with White stripe) 1st Dan <i>minimum time to grade 9 months</i> Minimum of three Years Training.	Testing consists of the following elements: Hojo Undo, Sanchin, Seisan, Dan Kumite or complete Dai Ichi Yakusoku Kumite, Seisan Bunkai, History, Q & A, and Freestyle Sparring with control. The rank of Shodan is a symbol of dedication and technical proficiency. Students promoted to Shodan receive the Dan rank permanently.
	Dan testing is by invitation only.	