

Skill	7th Kyu - Yellow	6th Kyu - Orange	5th Kyu - Green	4th Kyu - Blue	3rd Kyu - Brown-3	2nd Kyu - Brown-2	1st Kyu - Brown-1	Black Belt - Shodan
Kihon	"Kazami Tsuki Gyaku Tsuki Oi Tsuki Mae Geri Mawashi Geri Zenkutsu Dachi Uke-4"	Previous + Shiko Dachi Nekuashi Dachi Tenshin Happo 1 - 2	Previous + Yoko Geri Shuto Nukite Tenshin Happo 1 - 4	Previous + Ushiro Geri Ura Mawashi Kensukoto Geri Tenshin Happo 1 - 5 Knee and Elbow	Previous + Ushiro Mawashi Geri Tenshin Happo 1 - 6 Throws	Previous + Sharp Kime Zanshin Tenshin Happo 1- 7 Takedowns	Previous + Kekomi Keogi Tenshin Happo 1- 8 Joint Locks and Biomechanics	Previous + Ability to Explain
Kata	Junino	Previous+ Pinan Nidan	Previous+ Orange Pinan Shodan	Previous+ Pinan Sandan Clarity of Stances	Previous+ Pinan Yondan Combinations	Previous+ Pinan Godan Power Balance	Previous+ Bunkai Correct Breathing	Previous+ 1 Advance Kata with Bunkai
Kumite			Show Basic Attacks and Defence in Kumite	Previous+ Land Combinations	Previous+ Ability to land Counter Attack	Previous+ Circular Movements and Counter Attacks (Sabaki)	Previous+ Zanshin	Previous+ Relaxed Body and Mind
Others			Know Dojo Kuns	Ability to Survive Intense Cardio	Previous+ Showing Understanding of Dojo Kuns.		Previous+ Need to be Really Fit as per Age and Medical Condition	Previous+ Follows Dojo Kuns and sets an example