

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
<b>Basics</b>	Jab Cross Slip Front Kick Round Kick	Previous + Hook Upper Cut	Previous + Side Kick Back Kick Lateral Movement- left and right	Previous + Spinning Kick Diagonal Movement Knee Elbows	Previous + Hook Kick Throws Sweeps	Previous + Sharp Techniques Takedowns	Previous + Push Kicks Thrust Kicks Locks and Biomechanics	Previous + Ability to Explain
<b>Sparring</b>			Show Basic Attacks and Defence	Previous+ Land Combinations	Previous+ Ability to land Counter Attack	Previous+ Circular Movements and Counter Attacks	Previous+ Awareness	Previous+ Relaxed Body and Mind
<b>Others</b>			Know Dojo Kuns	Ability to Survive Intense Cardio	Previous+ Showing Understanding of Dojo Kuns.	Previous+ Application of Dojo Kuns.	Previous+ Need to be Fit as per Age and Medical Condition	Previous+ Follows Dojo Kuns and sets an example