

TESTING REQUIREMENTS

Stances – Dachi				Mawate - Turns	
HSD	heisoku dachi	SHD	shiko dachi	(M)	mawate – turn
HD	heiko dachi	ZD	zenkucu dachi	(U)	ushiro (back)
STHD	soto hachiji dachi	SD	sanchin dachi		
UHD	uchi hachiji dachi	ZAD	zuri ashi dachi		
NAD	neko ashi dachi	FS	fighting stance		

10. KYU yellow white

Kihon: 1. HD – seiken zuki 2. UHD – shomen uraken uchi 3. UHD – soto uke, jodan uke, 4. HD - gedan kingeri, chudan maegeri	Kihon-ido: 1. HD - tai hiraki 2. HD - tai sabaki 3. SD - ayumiashi oi zuki (U)
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9. KYU solid yellow

Kihon: 1. SHD – seiken zuki 2. HD – gedan barai 3. HD – chudan mawashi geri 4. UHD – uchi uke 5. ZD – chudan gyaku zuki	Kihon-ido: 1. ZD - ayumiashi oi zuki (M) (U) 2. ZD – ayumiashi gyaku zuki (M) (U) 3. SD - ayumiashi oi zuki (M) (U) 4. SD - ayumiashi gyaku zuki (M) (U)
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8. KYU orange white

Kihon: 1. UHD – ni ren zuki 2. HD – gedan uke (hara otoshi uke) 3. SHD – gedan uke (hara otoshi uke) 4. ZD – jodan kizami zuki, chudan gyaku zuki 5. SHD – sai uraken uchi 6. UHD – mae hiji ate (empi uchi)	Kihon-ido: 1. SD - ayumiashi jodan uke, chudan gyaku zuki (U) 2. ZD - soto uke, jodan gyaku zuki (U) 3. FS - Suri ashi (M) 4. Back leg steps in from FS to ZD jodan oi zuki, chudan gyaku zuki, front foot moves back to FS (M)
Kata: 1. Taikyoku jodan I. 2. Taikyoku chudan I.	

7. KYU solid orange

Kihon: 1. SHD – yokomen uraken uchi 2. UHD – morote zuki 3. HD - yokomen shuto uchi 4. UHD – kake uke 5. UHD – nagashi uke	Kihon-ido: 1. SHD - ayumiashi oi zuki (M) (U) 2. FS - ayumiashi into ZD chudan oi zuki, front leg moves back to FS (M) 3. ZD - ayumiashi chudan mae geri, chudan oi zuki (U) 4. ZD - ayumiashi mae hiji ate, chudan gyaku zuki (U) 5. NAD – ayumiashi 6. NAD - front leg steps into ZD jodan kizami zuki, chudan gyaku zuki, back leg moves forward into NAD (M)
Kata: 1. Taikyoku chudan II. 2. Taikyoku jodan II.	

6. KYU green white

Kihon 1. UHD - mawashi hiji ate 2. UHD – gamen shuto uchi, 3. HD – teisho zuki 4. SHD – otoshi hijiate 5. HD – chudan sokto geri (yoko geri)	Kihon-ido 1. SHD - ayumiashi gyaku zuki (M) (U) 2. SHD - ayumiashi gedan uke, chudan gyaku zuki (U) (M) 3. HD – tai hiraki sukui uke, nagashi uke 4. FS ayumiashi with ashibarai 5. FS Tai sabaki with nagashi uke (oi side), gedan uke (gyaku side) 6. SD chudan gyaku zuki, back leg chudan mae geri, after kick, kicking leg steps forward into SD (U) 7. SHD ayumiashi mawashi hijiate, uraken uchi, gedan uke, chudan gyaku zuki (U) 8. ZD ayumiashi chudan mae geri, jodan hiji ate, uraken uchi, gedan uke, chudan gyaku zuki (U)
Kata: 1. Taikyoku gedan I.	

2. Taikyoku kake uke I.	
5. KYU solid green	
Kihon 1. SHD – shita zuki 2. UHD – yoko uke shitabarai (joge uke) 3. HD – mawashiuke teisho yama zuki 4. HD – seiken zuki sideways 5. HD – tetsui uchi	Kihon-ido 1. SHD 90° angle ayumiashi oi zuki chudan (U) 2. SHD 90° angle ayumiashi tetsui uchi, otoshi uke, uraken uchi (U) 3. NAD Suri ashi (M) 4. NAD Front leg steps into SD jodan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 5. NAD Front leg steps into ZD soto uke, jodan gyaku zuki step forward with your back leg into NAD (U) 6. NAD Front leg steps into SHD gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 7. FS back leg moves into Kosa dachi, front leg chudan sokto geri (M)
Kata 1. Taikyoku gedan II. 2. Taikyoku kake uke II	
4.KYU blue white	
Kihon 1. STHD – kansetsu geri 2. UHD - kagi zuki 3. FS– haito uchi 4. HD – chudan nukite zuki	Kihon-ido 1. NAD Back leg maegeri chudan, after kick, kicking leg lands forward into ZD chudan oi zuki, back leg moves to NAD (U) stays in back 2. NAD Front leg steps into SHD (90°) tetsui uchi, otoshi uke, uraken uchi, step forward with your back leg into NAD (U) 3. NAD Front leg steps into ZD mae hiji ate, chudan gyaku zuki, step forward with your back leg into NAD (U) 4. SHD (90°) Back leg steps into Kosa dachi, front leg chudan sokto geri, after kick, kicking leg lands forward into SHD (90°) (M) 5. ZD Back leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki (U) 6. SD ayumiashi yoko uke shita barai, morote zuki (U) 7. SHD (45°) back leg kansetsu geri, after kick, kicking leg lands forward into SHD 45° ura zuki, uraken uchi , gedan uke, chudan gyaku zuki (U) 8. SD front leg chudan mae geri, after kick, kicking leg lands forward into SD back leg chudan mawashigeri, after kick, kicking leg lands forward into SD (U)
Kata 1. Taikyoku mawashi uke I. 2. Taikyoku mawashi uke II.	
3. KYU solid blue	
Kihon 1. HD – kansetsu geri 2. HD – uširo geri 3. HD – tate zuki 4. HD – yoko uke šita barai, morote zuki 5. UHD – furi uchi	Kihon-ido 1. NAD Back leg maegeri chudan, after kick, kicking leg lands forward into ZD mae hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, back leg moves to NAD (U) stays in back 2. NAD Front leg steps into SHD 45° mawashihiji ate, uraken uchi , gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 3. SD Back leg gedan kin geri, after kick, kicking leg lands forward into SD chudan gyaku zuki (U) 4. NAD Front leg steps into ZD jodan kizami zuki, chudan gyaku zuki, chudan mawashigeri, after kick, kicking leg lands forward into NAD (M) 5. NAD Front leg steps into SD yoko uke šitra barai, morote zuki, step forward with your back leg into NAD (U) 6. NAD Front leg kansetsu geri after kick, kicking leg lands forward into SHD 45° ura zuki, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 7. FS ayumiashi mawashikin geri, after kick, kicking leg lands forward into oposite FS ura zuki, haito uchi (M) 8. FS ayumiashi ashibarai, whole body turns around by 180° into ZAD, chudan ushiro geri, FS (M)
Kata 1. Geksai dai I. 2. Geksai dai II.	

3. Sanchin	
2. KYU brown	
<p>Kihon-ido</p> <ol style="list-style-type: none"> 1. FS Suri ashi, jodan kizami zuki, cugi ashi chudan gyaku zuki (M) 2. FS Front leg steps into ZD chudan gyaku zuki, dokročit' do HD (bokom), jodan yokomen uraken uchi , chudan sokuto geri, FS (M) 3. NAD Back foot steps into SHD (90°) seiken zuki, back foot steps into Kokucu dachi, gedan uke, chudan gyaku zuki – hips rotation into ZD, back foot steps in to NAD (U) 4. FS Front leg slides back into ZAD, back foot steps into ZD jodan oi zuki, front foot slides back to FS (M) 5. NAD front leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki, step forward with your back leg into NAD (U) 6. NAD front foot chudan mae geri, after kick, kicking leg lands forward into SD, back leg chudan mawashi geri, after kick, kicking leg lands forward into NAD (U) 7. NAD Front leg steps into SD jodan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 8. NAD Front leg steps into ZD soto uke, chudan gyaku zuki, , step forward with your back leg into NAD (U) 9. NAD Front leg steps into SHD gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 10. NAD back leg chudan mae geri, after kick, kicking leg lands forward into ZD chudan oi zuki, back leg moves to NAD (U) stays in back 	
<p>Kata</p> <ol style="list-style-type: none"> 1. Sanchin 2. Tensho 3. Saifa 	
1. KYU brown	
<p>Kihon-ido</p> <ol style="list-style-type: none"> 1. NAD Front leg steps into ZD jodan hiji ate, chudan gyaku zuki, step forward with your back leg into NAD (U) 2. NAD Front leg steps into SHD (90°) tetsui uchi, otoshi uke, uraken uchi, step forward with your back leg into NAD (U) 3. NAD Front leg steps into SD yoko uke šita barai, morote zuki, step forward with your back leg into NAD (U) 4. NAD Front leg steps into ZD jodan hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 5. NAD Front leg steps into SHD mawashi hiji ate, uraken uchi, gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 6. NAD Front leg steps into SD chudan gyaku zuki, chudan mae geri, after kick, kicking leg lands forward into NAD (U) 7. NAD Front leg kansetsu geri, after kick, kicking leg lands forward into SHD (45°) jodan ura zuki, uraken uchi , gedan uke, chudan gyaku zuki, step forward with your back leg into NAD (U) 8. NAD Front leg chudan sokto geri, after kick, kicking leg lands forward into ZD chudan gyaku zuki, step forward with your back leg into NAD (U) 9. NAD Front leg chudan mae geri, after kick, kicking leg lands forward into SD, back leg chudan mawashi geri after kick, kicking leg lands forward into NAD 	
<p>Kata</p> <ol style="list-style-type: none"> 1. Sachin 2. Tensho 3. Saifa 4. Seiunchin 	