

TESTING REQUIREMENTS		3rd to 2nd Kyu	2nd to 1st Kyu	1st to Shodan	Shodan to Nidan	Nidan to Sandan
<b>KIHON</b>						
1	Rotate forward 360 degrees gyaku-zuki chudan Gyaku-zuki maai control		X	X		
					X	
2	Step forward sanbon-zuki (jodan, chudan, chudan) Kizami-zuki step forward sanbon-zuki (jodan, chudan, chudan) Kizami-zuki gyaku-zuki choku-zuki oi-zuki gyaku-zuki (gohon renzoku oi-komi)	X	X	X		
						X
3	Step forward shuto-uchi jodan (palm up) Step forward double shuto-uchi jodan (outside then inside) Step back uraken-uchi jodan	X	X			
		X	X			
4	Step forward mae-geri chudan mawashi-geri jodan (ren-geri) Step forward mae-geri chudan same leg yoko-geri kekomi Step forward mae-geri chudan mae-geri jodan (nidan-geri) Step forward mae-geri oi-zuki mawashi-geri uraken-uchi ushiro-geri gyaku-zuki	X	X			
		X	X	X		
				X		
						X
5	Step forward mawashi-geri gyaku-zuki Step forward gyaku mawashi-geri Step forward gyaku mawashi-geri mawashi-geri (same leg)	X	X	X		
					X	
						X
6	Step forward ushiro-geri Step forward ushiro-geri gyaku-zuki Step forward ushiro-geri uraken-uchi gyaku-zuki	X		X		
			X	X		
					X	
7	Step back age-uke mae-geri Step back age-uke mae-geri gyaku-zuki Step back age-uke step forward mawashi-geri uraken oi-zuki	X	X			
				X		
8	Step forward soto-uke enpi-uchi uraken-uchi Step forward soto-uke enpi-uchi uraken-uchi gyaku-zuki Step forward age-enpi (kokutsu-dachi), mawashi-enpi (zenkutsu-dachi), yoko-enpi (kiba-dachi)	X	X			
				X		
						X
9	Step back shuto-uke kizami mae-geri nukite Step forward uchi-uke kizami-zuki gyaku-zuki Kizami-zuki step forward mae-geri oi-zuki	X	X	X		
		X	X	X		
					X	
10	Step across yoko-geri keage turning yoko-geri kekomi	X	X	X		
11	Step forward ura mawashi-geri Step forward ura mawashi-geri gyaku-zuki				X	
						X
12	Mae-geri, yoko-geri keage, ushiro-geri before landing. L & R Mae-geri, yoko-geri, ushiro-geri, mawashi-geri before landing. L & R				X	
						X
<b>KUMITE</b>						
	Jiyu-ippon kumite (jodan, chudan, mae-geri, mawashi-geri, ushiro-geri) Jiyu kumite	X	X	X		
					X	X
<b>KATA</b>						
	Heian 1-5, Tekki Shodan (examiner's choice)	X	X	X		
	Bassai-dai, Kanku-dai, Jion, or Enpi (examinee's choice) Bassai-dai, Kanku-dai, Jion, or Enpi (examiner's choice)	X	X	X		
					X	X
	Tokui-gata				X	X

WEDNESDAY ADVANCED CLASS				
WEEK	KIHON	KATA Focus	Kata Review	KUMITE
1	1	Tekki Nidan	H1-H3	Jiyu-Ippon
2	2	Tekki Nidan	Bassai Dai	Jiyu Kumite
3	3	Tekki Nidan (Bunkai)	Kanku Dai	Throwing
4	1 to 3	<b>Tekki Nidan</b>	<b>Tokui</b>	<b>Jiyu Kumite</b>
5	4	Sochin	H4-T1	Jiyu-Ippon
6	5	Sochin	Bassai Dai	Jiyu Kumite
7	6	Sochin (Bunkai)	Jion	Gripping
8	4 to 6	<b>Sochin</b>	<b>Tokui</b>	<b>Jiyu-Ippon</b>
9	7	Tekki Sandan	H1-H3	Jiyu-Ippon
10	8	Tekki Sandan	Bassai Dai	Jiyu Kumite
11	9	Tekki Sandan (Bunkai)	Enpi	Throwing
12	7 to 9	<b>Tekki Sandan</b>	<b>Tokui</b>	<b>Jiyu Kumite</b>
13	10	Kata of the Month (Unsu)	H4-T1	Jiyu-Ippon
14	11	Kata of the Month (Unsu)	Bassai Dai	Jiyu Kumite
15	12	Kata of the Month Bunkai (Unsu)	T2, T3	Gripping
16	10 to 12	<b>Kata of the Month (Unsu)</b>	<b>Tokui</b>	<b>Jiyu-Ippon</b>