

		Beg to 8th Kyu	8th to 7th Kyu	7th to 6th Kyu	6th to 5th Kyu	5th to 4th Kyu	4th to 3rd Kyu
<b>KIHON</b>							
1	Step forward oi-zuki chudan	X	X	X	X	X	
	Step forward gyaku-zuki chudan			X	X	X	
	Step forward sanbon-zuki (jodan, chudan, chudan)						X
2	Step back age-uke	X	X				
	Step back age-uke gyaku-zuki			X			
	Step back age-uke mae-geri				X	X	X
3	Step forward gedan-barai	X	X				
	Step forward gedan-barai gyaku-zuki			X	X		
4	Step forward uchi-uke	X	X				
	Step forward uchi-uke gyaku-zuki			X	X	X	X
5	Step forward soto-uke	X	X				
	Step forward soto-uke gyaku-zuki			X			
	Step forward soto-uke enpi-uchi				X	X	X
6	Step back shuto-uke	X	X	X			
	Step back shuto-uke nukite				X	X	X
7	Step forward mae-geri chudan	X	X	X	X		
	Step forward mae-geri jodan	X	X	X			
	Step forward mae-geri chudan mae-geri jodan (ren-geri)						X
	Step forward mae-geri chudan oi-zuki chudan				X	X	
8	Step across yoko-geri keage	X	X	X	X	X	X
	Step across yoko-geri kekomi	X	X	X	X	X	X
9	Step forward mawashi-geri				X	X	
	Step forward mawashi-geri gyaku-zuki						X
10	Step forward ushiro-geri					X	X
11	Step forward shuto-uchi jodan (palm up)					X	X
12	Step forward uraken-uchi jodan						X
<b>KUMITE</b>							
	Gohon kumite (Jodan, chudan)	X	X				
	Gohon kumite (Jodan, chudan, mae-geri)			X			
	Kihon ippon kumite (jodan, chudan, mae-geri)				X		
	Kihon ippon kumite (jodan, chudan, mae-geri, mawashi-geri jodan). L & R					X	X
<b>KATA</b>							
	Heian Shodan	X					
	Heian Nidan		X				
	Heian Sandan			X			
	Heian Yondan				X		
	Heian Godan					X	
	Tekki Shodan						X

WEEK	MONDAY ALL LEVELS CLASS			TUESDAY ALL LEVELS CLASS			THURSDAY ALL LEVELS CLASS			SATURDAY ALL LEVELS CLASS		
	KIHON	KATA	KUMITE FOCUS	KIHON	KATA	KUMITE FOCUS	KIHON	KATA	KUMITE FOCUS	KIHON	KATA	KUMITE FOCUS
1	1	H1 and H4	Oi-zuki	4	H2 and H5	Uchi-uke	7	H3 and T1	Mae-geri	10	H1 and H4	Ushiro-geri
2	2	H1 and H4	Age-uke	5	H2 and H5	Soto-uke	8	H3 and T1	Yoko-geri	11	H2 and H5	Shuto-uchi
3	3	H1 and H4	Gedan-barai	6	H2 and H5	Shuto-uke	9	H3 and T1	Mawashi-geri	12	H3 and T1	Uraken-uchi
4	1 to 3	H1 and H4	Jodan Defense	4 to 6	H2 and H5	Chudan Defense	7 to 9	H3 and T1	Mae-geri Defense	10 to 12	Testing Kata	Mawashi-geri Defense
5	4	H2 and H5	Uchi-uke	7	H3 and T1	Mae-geri	10	H1 and H4	Ushiro-geri	1	H1 and H4	Oi-zuki
6	5	H2 and H5	Soto-uke	8	H3 and T1	Yoko-geri	11	H2 and H5	Shuto-uchi	2	H1 and H4	Age-uke
7	6	H2 and H5	Shuto-uke	9	H3 and T1	Mawashi-geri	12	H3 and T1	Uraken-uchi	3	H1 and H4	Gedan-barai
8	4 to 6	H2 and H5	Chudan Defense	7 to 9	H3 and T1	Mae-geri Defense	10 to 12	Testing Kata	Mawashi-geri Defense	1 to 3	H1 and H4	Jodan Defense
9	7	H3 and T1	Mae-geri	10	H1 and H4	Ushiro-geri	1	H1 and H4	Oi-zuki	4	H2 and H5	Uchi-uke
10	8	H3 and T1	Yoko-geri	11	H2 and H5	Shuto-uchi	2	H1 and H4	Age-uke	5	H2 and H5	Soto-uke
11	9	H3 and T1	Mawashi-geri	12	H3 and T1	Uraken-uchi	3	H1 and H4	Gedan-barai	6	H2 and H5	Shuto-uke
12	7 to 9	H3 and T1	Mae-geri Defense	10 to 12	Testing Kata	Mawashi-geri Defense	1 to 3	H1 and H4	Jodan Defense	4 to 6	H2 and H5	Chudan Defense
13	10	H1 and H4	Ushiro-geri	1	H1 and H4	Oi-zuki	4	H2 and H5	Uchi-uke	7	H3 and T1	Mae-geri
14	11	H2 and H5	Shuto-uchi	2	H1 and H4	Age-uke	5	H2 and H5	Soto-uke	8	H3 and T1	Yoko-geri
15	12	H3 and T1	Uraken-uchi	3	H1 and H4	Gedan-barai	6	H2 and H5	Shuto-uke	9	H3 and T1	Mawashi-geri
16	10 to 12	Testing Kata	Mawashi-geri Defense	1 to 3	H1 and H4	Jodan Defense	4 to 6	H2 and H5	Chudan Defense	7 to 9	H3 and T1	Mae-geri Defense