

KYU TESTING REQUIREMENTS		Beg to 8th Kyu	8th to 7th Kyu	7th to 6th Kyu
KIHON				
1	Step forward gedan-barai	X	X	
	Step forward gedan-barai gyaku-zuki			X
2	Step forward oi-zuki chudan	X	X	X
3	Step forward gyaku-zuki chudan			X
4	Step back age-uke	X	X	
	Step back age-uke gyaku-zuki			X
5	Step forward soto-uke	X	X	
	Step forward soto-uke gyaku-zuki			X
6	Step back shuto-uke	X	X	X
7	Step forward uchi-uke	X	X	
	Step forward uchi-uke gyaku-zuki			X
8	Step forward mae-geri chudan	X	X	X
	Step forward mae-geri jodan	X	X	X
9	Step across yoko-geri keage	X	X	X
10	Step across yoko-geri kekomi	X	X	X
KUMITE				
	Gohon kumite (Jodan, chudan)	X	X	
	Gohon kumite (Jodan, chudan, mae-geri)			X
KATA				
	Heian Shodan (H1)	X		
	Heian Nidan (H2)		X	
	Heian Sandan (H3)			X

BEGINNER CLASS			
16-week rotating curriculum (Each 8th week is a review)			
WEEK	KIHON	KATA	KUMITE
1	1 to 2	H1	Flag Sparring
2	3 to 4	H1	3-step
3	5	H1 Bunkai	Gripping
4	6	H1	3-step
5	7	H2	Flag Sparring
6	8	H2	3-step
7	9 to 10	H2 Bunkai	Gripping
8	1 to 5	H2	3-step
9	1 to 2	H3	Flag Sparring
10	3 to 4	H3	3-step
11	5	H3 Bunkai	Gripping
12	6	H3	3-step
13	7	H1	Flag Sparring
14	8	H2	3-step
15	9 to 10	H3	Gripping
16	6 to 10	H1-H3	3-step