

BELT	RANK	SYLLABUS
	10th Kyu	Basic Kihon Heian Shodan (first basic Kata) Gohon Kumite (five-step Kumite)
	9th Kyu	Basic Kihon Heian Shodan (first basic Kata) Gohon Kumite (five-step Kumite)
	8th Kyu	Basic Kihon Heian Nidan (second basic Kata) Sanbon Kumite (three-step Kumite)
	7th Kyu	Basic Kihon Heian Sandan (third basic Kata) Sanbon Kumite (three-step Kumite)
	6th Kyu	Basic Kihon Heian Yondan (fourth basic Kata) Kihon-Ippon Kumite (basic one-step Kumite)
	5th Kyu	Basic Kihon Heian Godan (fifth basic Kata) Kihon-Ippon Kumite (basic one-step Kumite)
	4th Kyu	Basic Kihon Tekki Shodan (first advanced Kata) Kihon-Ippon Kumite (basic one-step Kumite)
	3rd Kyu	Advanced Kihon Tekki Shodan, Bassai-dai, Kanku-dai, Jion, Empi (brown belt Kata) Jiyu-Ippon Kumite (advanced one-step Kumite)
	2nd Kyu	Advanced Kihon Tekki Shodan, Bassai-dai, Kanku-dai, Jion, Empi (brown belt Kata) Jiyu-Ippon Kumite (advanced one-step Kumite)
	1st Kyu	Advanced Kihon Tekki Shodan, Bassai-dai, Kanku-dai, Jion, Empi (brown belt Kata) Jiyu-Ippon Kumite (advanced one-step Kumite)
	1st Dan	Advanced Kihon Jitte, Tekki Nidan, Bassai-sho, Kanku-sho, Hangetsu, Gankaku (black belt Kata) Jiyu Kumite (free-fighting)
	2nd Dan	Advanced Kihon Tekki Sandan, Sochin, Ji'in, Chinte, Nijushiho (black belt Kata) Jiyu Kumite (free-fighting)
	3rd Dan	Impromptu Kihon and Kumite Meikyo, Unsu, Wankan, Gojushiho-dai, Gojushiho-sho (black belt Kata)
	4th Dan and beyond	Impromptu Kihon and Kumite Additional Kata, including Seienchin, Seipai, Gankaku-sho and Nijuhachiho

