

Student Rank:

Dragon Yellow

Pushups Needed
10

Situps Needed
10

Katas Required	Strikes Required	Kicks Required
• No Requirement	• No Requirement	<ul style="list-style-type: none">• Knee Strike (Hiza Geri)• Front Kick (Mae Geri)
Blocks Required	Stances Required	
• 8-Point Hard	<ul style="list-style-type: none">• Attention Stance (Heisoku Dachi)	

Student Rank:

Dragon Orange

Pushups Needed
15

Situps Needed
15

Katas Required	Strikes Required	Kicks Required
	<ul style="list-style-type: none">• 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)]• 1/2 Taikyoku Jodan-Uke	<ul style="list-style-type: none">• Knee Strike (Hiza Geri)• Front Kick (Mae Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none">• 8-Point Hard		<ul style="list-style-type: none">• Attention Stance (Heisoku Dachi)

Student Rank:

Dragon Green

Pushups Needed
20

Situps Needed
20

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none">Taikyoku Jodan-Uke (First Course High Block)	<ul style="list-style-type: none">3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)]	<ul style="list-style-type: none">Knee Strike (Hiza Geri)Front Kick (Mae Geri)
Blocks Required	Stances Required	
<ul style="list-style-type: none">8-Point Hard	<ul style="list-style-type: none">Attention Stance (Heisoku Dachi)	

Student Rank:

Mid Yellow

Pushups Needed
25

Situps Needed
25

Katas Required	Strikes Required	Kicks Required
	<ul style="list-style-type: none">• 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)]• Taikyoku Jodan-Uke (First Course High Block)	<ul style="list-style-type: none">• Knee Strike (Hiza Geri)• Front Kick (Mae Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none">• 8-Point Hard		<ul style="list-style-type: none">• Attention Stance (Heisoku Dachi)• V Stance (Musubi Dachi)• Hourglass Stance (Sachin Dachi)• Square/Sumo Stance (Sheiko Dachi)

Student Rank:

Solid Yellow

Pushups Needed
25

Situps Needed
25

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none">• Taikyoku Jodan-Uke (First Course High Block)• Taikyoku Chudan-Uke (First Course Side Block)• Taikyoku Gedan-Uke (First Course Low Block)	<ul style="list-style-type: none">• 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)]	<ul style="list-style-type: none">• Knee Strike (Hiza Geri)• Front Kick (Mae Geri)• Round Kick (Mawashi Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none">• 8-Point Hard		<ul style="list-style-type: none">• Attention Stance (Heisoku Dachi)• V Stance (Musubi Dachi)• Hourglass Stance (Sachin Dachi)• Square/Sumo Stance (Sheiko Dachi)• Rooted Stance (Fudo Dachi)

Student Rank:

Mid Orange

Pushups Needed
25

Situps Needed
25

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi)

Student Rank:

Solid Orange

Pushups Needed
30

Situps Needed
30

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi)

Student Rank:

Mid Green

Pushups Needed
35

Situps Needed
35

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi)

Student Rank:

Solid Green

Pushups Needed
40

Situps Needed
40

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi)

Student Rank:

Mid Blue

Pushups Needed
50

Situps Needed
50

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Solid Blue

Pushups Needed
50

Situps Needed
50

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Mid Purple

Pushups Needed
75

Situps Needed
75

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) • Tenshoa (Turning Palms) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) • Ridge Hand (Haito) • Forenuckle Strike (Hiraken) • Round Punch (Mawashi Zuki) • Hook Punch (Kagi Zuki) • Scissor Punch (Hasami Zuki) • Vertical Punch (Tate Zuki) • 6 Point Boxing Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri) • Jumping Front Kick (Mae Tobi Geri) • Jumping Side Kick (Yoko Tobi Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Solid Purple

Pushups Needed
75

Situps Needed
75

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) • Tenshoa (Turning Palms) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) • Ridge Hand (Haito) • Forenuckle Strike (Hiraken) • Round Punch (Mawashi Zuki) • Hook Punch (Kagi Zuki) • Scissor Punch (Hasami Zuki) • Vertical Punch (Tate Zuki) • 6 Point Boxing Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri) • Jumping Front Kick (Mae Tobi Geri) • Jumping Side Kick (Yoko Tobi Geri) • Jumping Back Kick (Tobi Ushiro Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Mid Brown

Pushups Needed
100

Situps Needed
100

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) • Tenshoa (Turning Palms) • Saifa (Suppress and Conquer) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) • Ridge Hand (Haito) • Forenuckle Strike (Hiraken) • Round Punch (Mawashi Zuki) • Hook Punch (Kagi Zuki) • Scissor Punch (Hasami Zuki) • Vertical Punch (Tate Zuki) • 6 Point Boxing Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri) • Jumping Front Kick (Mae Tobi Geri) • Jumping Side Kick (Yoko Tobi Geri) • Jumping Back Kick (Tobi Ushiro Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Solid Brown

Pushups Needed
100

Situps Needed
100

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) • Tenshoa (Turning Palms) • Saifa (Suppress and Conquer) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaka Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) • Ridge Hand (Haito) • Forenuckle Strike (Hiraken) • Round Punch (Mawashi Zuki) • Hook Punch (Kagi Zuki) • Scissor Punch (Hasami Zuki) • Vertical Punch (Tate Zuki) • 6 Point Boxing Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri) • Jumping Front Kick (Mae Tobi Geri) • Jumping Side Kick (Yoko Tobi Geri) • Jumping Back Kick (Tobi Ushiro Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)

Student Rank:

Junior Black Belt (Shodan Ha)

Pushups Needed
200

Situps Needed
200

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none">• Taikyoku Jodan-Uke (First Course High Block)• Taikyoku Chudan-Uke (First Course Side Block)• Taikyoku Gedan-Uke (First Course Low Block)• Taikyoku Empi Go (First Course Elbow Strike)• Taikyoku-Taikyoku (First Course - First Course)• Taikyoku Mawashe-Uke (First Course Round Block)• Fukyu Dai San (To Spread and Reach 3)• Geki Sai Dai Ichi (Attack and Destroy 1)• Geki Sai Dai Ni (Attack and Destroy 2)• Tenshoa (Turning Palms)• Saifa (Suppress and Conquer)• Seuinchin (Marching/Conquer Far quietly)	<ul style="list-style-type: none">• 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)]• Parallel Punch (Heiko Zuki)• Lead Jab (Kazami Zuki)• Reverse Punch (Gyaku Zuki)• Front Elbow Strike (Mae Hija Ate)• Open Heel Palm (Teisho)• Round Elbow Strike (Mawashi Hija Ate)• Hammer Strike (Tetsui)• Backfist (Uraken Zuki)• Uppercut (Ura Zuki)• Lunge Punch (Oi Zuki)• Back Hand (Haishu)• U-Punch (Awase Zuki)• Knife Hand (Shuto)• 6 Point Punch Set• Spear Hand (Nikute)• Downward Elbow Strike (Otoshi Hija Ate)• Backward Elbow Strike (Ushiro Hija Ate)• Side Elbow Strike (Yoko Hija Ate)• Ridge Hand (Haito)• Forenuckle Strike (Hiraken)• Round Punch (Mawashi Zuki)• Hook Punch (Kagi Zuki)• Scissor Punch (Hasami Zuki)• Vertical Punch (Tate Zuki)• 6 Point Boxing Set	<ul style="list-style-type: none">• Knee Strike (Hiza Geri)• Front Kick (Mae Geri)• Round Kick (Mawashi Geri)• Side Kick (Yoko Geri)• Back Kick (Ushiro Geri)• Inward Crescent Kick (Uchi Mikazuki Geri)• Outward Crescent Kick (Soto Mikazuki Geri)• Axe Kick (Kakato Geri)• Hook Kick (Ura Mawashi Geri)• Spinning Back Kick (Mawashi Ushiro Geri)• Spinning Side Kick (Mawashi Yoko Geri)• Spinning Hook Kick (Ura Ushiro Mawashi Geri)• Spinning Crescent Kick (Mawashi Mikazuki Geri)• Jumping Front Kick (Mae Tobi Geri)• Jumping Side Kick (Yoko Tobi Geri)• Jumping Back Kick (Tobi Ushiro Geri)
Blocks Required	Stances Required	
<ul style="list-style-type: none">• 8-Point Hard• 10-Point Soft• Chinese Blocking Set• Kickboxing Blocking Set	<ul style="list-style-type: none">• Attention Stance (Heisoku Dachi)• V Stance (Musubi Dachi)• Hourglass Stance (Sachin Dachi)• Square/Sumo Stance (Sheiko Dachi)• Rooted Stance (Fudo Dachi)• Informal Stance (Hachiji Dachi)• Inward Informal Stance (Uchi Hachiji Dachi)• Cat Stance (Nekoashi Dachi)• Front Stance (Zenkutsu Dachi)• Parallel Stance (Heiko Dachi)• Horse Stance (Kiba Dachi)• Back Stance (Kokutsu Dachi)• Wide Hourglass Stance (Hangetsu Dachi)	

Student Rank:

Black Belt

Pushups Needed
200

Situps Needed
200

Katas Required	Strikes Required	Kicks Required
<ul style="list-style-type: none"> • Taikyoku Jodan-Uke (First Course High Block) • Taikyoku Chudan-Uke (First Course Side Block) • Taikyoku Gedan-Uke (First Course Low Block) • Taikyoku Empi Go (First Course Elbow Strike) • Taikyoku-Taikyoku (First Course - First Course) • Taikyoku Mawashe-Uke (First Course Round Block) • Fukyu Dai San (To Spread and Reach 3) • Geki Sai Dai Ichi (Attack and Destroy 1) • Geki Sai Dai Ni (Attack and Destroy 2) • Tenshoa (Turning Palms) • Saifa (Suppress and Conquer) • Seuinchin (Marching/Conquer Far quietly) 	<ul style="list-style-type: none"> • 3 Point Punch Set [High Punch (Jodan Zuki) - Middle Punch (Chudan Zuki) - Low Punch (Gedan Zuki)] • Parallel Punch (Heiko Zuki) • Lead Jab (Kazami Zuki) • Reverse Punch (Gyaku Zuki) • Front Elbow Strike (Mae Hija Ate) • Open Heel Palm (Teisho) • Round Elbow Strike (Mawashi Hija Ate) • Hammer Strike (Tetsui) • Backfist (Uraken Zuki) • Uppercut (Ura Zuki) • Lunge Punch (Oi Zuki) • Back Hand (Haishu) • U-Punch (Awase Zuki) • Knife Hand (Shuto) • 6 Point Punch Set • Spear Hand (Nikute) • Downward Elbow Strike (Otoshi Hija Ate) • Backward Elbow Strike (Ushiro Hija Ate) • Side Elbow Strike (Yoko Hija Ate) • Ridge Hand (Haito) • Forenuckle Strike (Hiraken) • Round Punch (Mawashi Zuki) • Hook Punch (Kagi Zuki) • Scissor Punch (Hasami Zuki) • Vertical Punch (Tate Zuki) • 6 Point Boxing Set 	<ul style="list-style-type: none"> • Knee Strike (Hiza Geri) • Front Kick (Mae Geri) • Round Kick (Mawashi Geri) • Side Kick (Yoko Geri) • Back Kick (Ushiro Geri) • Inward Crescent Kick (Uchi Mikazuki Geri) • Outward Crescent Kick (Soto Mikazuki Geri) • Axe Kick (Kakato Geri) • Hook Kick (Ura Mawashi Geri) • Spinning Back Kick (Mawashi Ushiro Geri) • Spinning Side Kick (Mawashi Yoko Geri) • Spinning Hook Kick (Ura Ushiro Mawashi Geri) • Spinning Crescent Kick (Mawashi Mikazuki Geri) • Jumping Front Kick (Mae Tobi Geri) • Jumping Side Kick (Yoko Tobi Geri) • Jumping Back Kick (Tobi Ushiro Geri)
Blocks Required		Stances Required
<ul style="list-style-type: none"> • 8-Point Hard • 10-Point Soft • Chinese Blocking Set • Kickboxing Blocking Set 		<ul style="list-style-type: none"> • Attention Stance (Heisoku Dachi) • V Stance (Musubi Dachi) • Hourglass Stance (Sachin Dachi) • Square/Sumo Stance (Sheiko Dachi) • Rooted Stance (Fudo Dachi) • Informal Stance (Hachiji Dachi) • Inward Informal Stance (Uchi Hachiji Dachi) • Cat Stance (Nekoashi Dachi) • Front Stance (Zenkutsu Dachi) • Parallel Stance (Heiko Dachi) • Horse Stance (Kiba Dachi) • Back Stance (Kokutsu Dachi) • Wide Hourglass Stance (Hangetsu Dachi)