

Min Time Req's		Shito Ryu Karate-Do - Seiken Shudo Kai							
Juniors	Seniors	Rank	Dachi Waza	Tsuki & Uchi Waza	Geri Waza	Uke Waza	Kata	Other	
3	3	10 th Kyu	Heisoku Dachi Musubi Dachi Hachiji Dachi Moto Dachi Zen Kutsu Dachi	Seiken Tsuki Oi Tsuki Gyaku Tsuki	Mae Geri	Jodan Age Uke Gedan Barai	Shiho Uke	Jodan, Chudan, Gedan Count 1 - 10 Ido Kihon/Moving techniques (required for all grades)	
3	3	9 th Kyu	Shiko Dachi	Tate Tsuki Ura (Ken) Uchi BA	Mawashi Geri	Yoko Uke Yoko Uchi	Kihon Kata 1 Kihon Kata 2	Yakusoku Kumite Kihon Kata 1 Yakusoku Kumite Kihon Kata 2 Ido Kihon (moving techniques)	
3	3	8 th Kyu	Neko Ashi Dachi	Ura Tsuki Mae Ken(Kizami Tsuki) Nukite		Otoshi Uke Kihon Uke BA up to Shuto Uke	Pinan 2	Pinan 2 - Kihon Dosa Dai 1/2	
3	3	7 th Kyu	Sanchin Dachi Naifanchin Dachi	Age Tsuki Shuto Uchi BA	Sokuto(Yoko) Geri	Kakete Uke Kihon Uke BA up to Kakete Uke	Pinan 1	Pinan 1 - Kihon Dosa Dai 1/2 Green Belt Theory Test	
6	3	6 th Kyu	Kosa Dachi Kokutsu Dachi	Kagi Tsuki Hasami Tsuki(Double Round) Kentsui Uchi BA Shiho Tsuki 1	Kansetsu Geri	Sukui Uke Kihon Uke BA up to Sukui Uke	Pinan 3	Pinan 3 - Kihon Dosa Dai 1/2	
6	3	5 th Kyu	Sagaishi Dachi	Mawashi(Furi) Tsuki Haito Uchi BA Shiho Tsuki 2	Ushiho Geri	Mawashi Uke Kihon Uke So No BA complete Ken(Te Kubi) Sasae Uke	Pinan 4 Gekisai Ichi	Pinan 4 - Kihon Dosa Dai 1/2 Ukemi Test - Seionage & O Soto gari	
6	3	4 th Kyu		Shiho Tsuki 3 Kihon Uchi BA Kihon Tsuki BA Kihon Tsuki IDO		Jodan Kosa(Jui) Uke Gedan Kosa Uke Kihon Uke IDO	Pinan 5 Sanchin Fukyo Kata Dai Ichi	Pinan 5 - Kihon Dosa Dai 1/2 Yori Ashi, Tsugi Ashi, Oi Ashi, Okuri Ashi, Tobi Ashi Brown Belt Theory Test	
6	3	3 rd Kyu		Washide Yama Tsuki Shiho Tsuki 4	Tobi & Nidan Mae Geri Tobi Mae Hiza Geri Tobi Yoko Geri Mikazuki Geri Fumi Komi(stomp)		Bassai Dai Tensho	1st Break Test Assistant to Sensei Sen no Sen + Go no Sen	
6	6	2 nd Kyu		Shiho Tsuki 5	Forward & Rear Scissor Leg Take Down		Juroku Hiji Ate Goho	2nd Kyu Renzoku Ido Kihon Kazokukai Seminar Hiji Ate Goho Applications	
6	6-12 months	1 st Kyu	All Prev Stances	Kihon Tsuki BA + IDO Kihon Uchi BA + IDO Shiho Tsuki 6 Ippon Ken Nakadaka Ippon Ken	Kihon Geri Ura Mawashi Geri Tobi Ushiho Mawashi Geri		Naifanchin Seinchin	Sensei's Kumite Assessment 1st Kyu Renzoku Ido Kihon Kobayashi Shorin Ryu Kihon *Black Belt Physical Conditioning Program 2nd Break Test 1st Dan Theory Test OR Essay	
UNDER 16yrs old	NA	Shodan-Ho	KIHON: Mawashi Hiza Geri, Gyaku Mawashi Geri, Kure Uke(like seisan), Shotai Uke, Osae Uke, Kake Waki Uke, keage & kekomi, Hira ken, Empi Uke KATA: Chi No Kata, Sanchin, Hiji Ate Goho, Shorin Ryu Passai Dai OTHER: Assistant to Sensei, further kumite, conditioning, & consolidating all prior knowledge of Karate and Basic Jujutsu curriculums. Kobayashi Shorin Ryu Kihon, Black Belt Physical Conditioning Program						
^^^ UP TO SHODAN ^^^									
NA	2yrs	Nidan Req'ts	KUMITE STRATEGY: Demonstrate Sen no Sen, Go No Sen, multiple attackers defence & Ude No Go Gensoku KANSETSU WAZA: Demonstrate wrist locks and elbow locks from kata applications. INSTRUCTOR THEORY: Coaching practical, create a game, physical conditioning, refereeing TAMESHI WARI: 3 Tiles, punch or shuto KIHON: 2nd Dan Shiho Tsuki 1 - 6, 2nd Dan Kihon Uchi BA + IDO, 2nd Dan Kihon Tsuki Uke, Kihon Geri BUNKAI & OTHER: Pinan 1 - 5 Continuous Bunkai (Kazokukai), Muchimidi NAGE WAZA: Shoulder Throw, Hip Throw, Defence Against front kicks and round kicks KATA: All shodan kata PLUS Kosokun Dai, Seisan, Shochin, Aoyagi						