

Exercise	Starting Stance	Waza (Technique)		First Rank Required
Kihon (Basics)	Heiko dachi (Neutral Stance)	Chudan tsuki Gedanburai uke Age uke Uchi uke Soto uke Shuto uke Mae geri	Middle punch Downward block Rising block Inward block Outside block Knife-hand block Front kick	10th Kyu
		Sensei can recognize what technique is being attempted		
Kihon (Basics)	Heiko dachi (Neutral Stance)	Full motion of technique can be performed		9th Kyu
Idokihon (Moving Basics)	Zenkutsu Dachi (Deep Front Stance)	Mae + Ato Gedanburai uke Mae + Ato Age uke	Step Downward block Step Upward block	
		Shows some sort of front stance with the front knee bent over the front toes		
	Moto Dachi (High Front Stance)	Mae + Ato Chudan zuki Mae + Ato Gyaku zuki	Step Middle punch Step Reverse punch	
Kihon (Basics)	Heiko Dachi (Neutral Stance)	Mawashi geri	Roundhouse kick	8th Kyu
		Full motion of technique can be performed CONSISTENTLY and with speed		
	Kamaete (Fighting Stance)	Gyaku tsuki Kizami tsuki	Reverse punch Lunge punch	
Idokihon (Moving Basics)	Zenkutsu Dachi (Deep Front Stance)	Mae + Ato Soto uke Mae + Ato Uchi uke	Step Outward block Step Inward block	
	Shiko Dachi (Sumo Stance)	Mae + Ato Gedanburai uke	Step Downward block	
Kata (Forms)		Ten no Kata		
Kihon (Basics)	Heiko Dachi (Neutral Stance)	Yoko geri Ushiro geri	Side kick Back kick	7th Kyu
	Kamaete (Fighting Stance)	Kizami tsuki Gyaku tsuki (1 2 punch) Mae Mae geri Gyaku tsuki Mae Mae geri Kizami tsuki Gyaku tsuki	Lunge - Reverse Front leg Front kick Reverse punch Front leg Front kick Lunge - Reverse	
Idokihon (Moving Basics)	Extra details	Zenkutsu dachi and Moto dachi are performed correctly at the appropriate lengths		
	Shiko Dachi (Sumo Stance)	Mae + Ato Uchi uke	Step Inward block	
	Nekoashi Dachi (Cat Foot Stance)	Mae ni Shuto uke Ato ni Mae Mae geri Shuto uke	Step forward Knife-hand block Front leg Front kick Step back Knife-hand block	
	Kamaete (Fighting Stance)	Okuriashi: - Gyaku tsuki - Kizami tsuki	Lunge step Reverse punch Lunge punch	
		Ayumiashi: - Mae geri - Mawashi geri	Walking step Front Kick Roundhouse kick	
Kata (Forms)		Chi no Kata		

Kihon (Basics)	Kamaete (Fighting Stance)	Mae Mawashi geri Gyaku tsuki Mae Mawashi geri Kizami tsuki Gyaku tsuki Mae geri Gyaku tsuki	Front leg Roundhouse kick Reverse punch Front leg Rounhouse kick Lunge - Reverse Back leg Front kick NO STEP Reverse Punch	6th Kyu
		Front leg moves forward and back with punching techniques		
	Extra Details	Techniques are consistently performed with speed and with hips engaged		
Idokihon (Moving Basics)	Zenkutsu Dachi (Deep Front Stance)	Mae + Ato Gedanburai Gyaku tsuki	Step Downward block Reverse Punch	
	Moto dachi (High Front Stance)	Mae ni Mae geri Chudan tsuki	Front kick Step forward Middle punch	
		Ato ni Mae Mae geri Chudan tsuki	Front leg Front kick Step back punch	
	Extra Details	Head remains stable through the motion of the technique		
		Back hip is forward at then end of each technique		
	Shiko dachi (Sumo Stance)	Weight is properly distributed 50/50		
		Shiko dachi is performed without back leaning forward		
	Nekoashi dachi (Cat Foot Stance)	Nekoashi dachi is performed with foot placement consistant		
	Kamaete (Fighting Stance)	Okuriashi: - Kizami tsuki Gyaku tsuki	Lunge step Lunge punch Reverse punch	
		Ayumiashi: - Yoko geri - Ushiro geri	Walking step Side kick Back kick	
		Nusumiashi: - Gyaku tsuki - Kizami tsuki - Mae Mae geri	Skipping step Reverse punch Lunge punch Front leg Front kick	
Kata (Forms)		Ten no Kata - With high stance + low stance		
		Heian Nidan		
Idokihon (Moving Basics)	Zenkutsu dachi (Deep Front Stance)	Mae + Ato Age uke Gyaku tsuki	Step Upward block Reverse punch	5th Kyu
		Mae + Ato Soto uke Gyaku tsuki	Step Outward block Reverse punch	
	Moto dachi (High Front Stance)	Mae ni Mae geri Gyaku tsuki	Front kick step forward Reverse punch	
		Ato ni Mae Mae geri Gyaku tsuki	Front leg Front kick Step back Reverse punch	
		Mae ni Mawashi geri Gyaku tsuki	Roundhouse kick step forward Reverse Punch	
		Ato ni Mae Mawashi geri Gyaku tsuki	Front leg Roundhouse kick Step back Reverse punch	
	Extra Details	Back heel remains on the ground while stepping backwards		
		Timing of hip rotation supports the technique		
	Nekoashi dachi (Cat Foot Stance)	Hips support the motion of the technique		
	Kamaete (Fighting Stance)	- Mae Mawashi geri - Mae Yoko geri	Front leg Roundhouse kick Front leg Side kick	
		Sugiashi: - Kizami tsuki Gyaku tsuki	Shuffle Step Lunge punch Reverse punch	
		Mae geri mawashi geri Uraken Gyaku tsuki	Front kick Roundhouse kick Back fist Reverse punch	
		Punches fully extend when performed		
Ipon Kumete (1 Step Sparring)		Ippome	First technique	
		Nihome	Second technique	
Kata (Forms)		Chi no Kata - With 2 hand blocks		
		Heian Sandan		
Kihon (Basics)	Extra Details	Hips are engaged in technique and snap back		4th Kyu
Idokihon (Moving Basics)	Shiko dachi (Sumo Stance)	Mae + Ato Uchi uke + Zenkutsu dachi gyuaku tsuki	Step Inward block Deep stance Reverse punch	
		Head remains stable through the motion of the technique		
	Nekoashi dachi (Cat Foot Stance)	Weight is properly distributed 20/80		
		Nekoashi dachi is performed without back leaning forward		
	Kamaete (Fighting Stance)	Yokogeri Ushirogeri Uraken Gyakuzuki	Side kick Back kick Back fist Reverse punch	
Ipon Kumete (1 Step Sparring)		Sanbome Yonhome	Third technique Fourth technique	
Kata (Forms)		Heian Shodan		
Kihon (Basics)	Heiko Dachi (Neutral Stance)	Mawashi uke	Turning Block	
	Extra Details	Is relaxed through the motion of the technique		
Idokihon (Moving Basics)	Zenkutsu dachi (Deep Front Stance)	Mae + Ato Shuto uke	Step Knife-hand block	
	Moto dachi	Mae ni Yoko geri Gyaku tsuki	Side kick Step forward Reverse punch	

	(High Front Stance)	Ato ni Mae Yoko geri Gyaku tsuki	Front leg Side kick	3rd Kyu
		Mae ni Ushiro geri Gyaku tsuki	Step back Reverse punch	
	Nekoashi dachi (Cat Foot Stance)	Back kick Step forward Reverse punch		
		Head remains stable through the motion of the technique		
Kata (Forms)		Ten no Kata - With 2 hand blocks + full speed + power		
		Heian Yondan		
		Heian Godan		
Idokihon (Moving Basics)	Extra Details	Timing of the back leg pushing supports the hip and the technique		2nd Kyu
		hips end square to the stance		
	Nekoashi dachi (Cat Foot Stance)	Hips end at 45 degree angle		
Kata (Forms)		Chi no Kata		
		- With added moves (Urakenuchi + Mawashi tsuki) and with full speed and power		
		1 of the Following		
		Rohai	*Student Chooses	
		Ananko		
		Kosoukun Shou		
		Kobudo Kata		
Kihon (Basics)	Extra Details	Has tension at only the apex of the technique		1st Kyu
Idokihon (Moving Basics)	Shiko dachi (Sumo Stance)	Knees explosively move together and then apart through the motion		
	Nekoashi dachi (Cat Foot Stance)	Weight is now distributed 40/60		
Kata		1 of the Following		
		Rohai	*Student Choses	
		Ananko		
		Kosoukun Shou		
(Forms)		- Different than last		
		Kobudo Kata		
		- Different than last		
Kihon (Basics)	Heiko dachi (Neutral Stance)	Front kick is performed with ankle extended and toes up		Sho Dan Ho
Ipon Kumete (1 Step Sparring)		Six Ipon Kumite	Six made up 1 step sparring techniques - Cannot be any of the above techniques	
Kata (Forms)		Ten no Kata OR Chi no Kata	*Sensei will pick	
		2 of the 5 Heian Kata		
		2 of the Following		
		Rohai	*Student Chooses	
		Ananko		
		Kosoukun Shou		
		- Both can be same as both the last		
		1 of the Following		
		Nipaipo	*Student Chooses	
		Enpi		
		Kosoukun Dai		
		Shihokosoukun		
		- Must correspond to one of the kata performed before accoring to the progression list		
		Basai Dai		
		Kobudo Kata		
		- Can be same as either the last		