

ADVANCED CLASS KYU/DAN TESTING REQUIREMENTS

TESTING REQUIREMENTS		3rd to 2nd Kyu	2nd to 1st Kyu	1st to Shodan	Shodan to Nidan	Nidan to Sandan
KIHON						
1	Rotate forward 360 degrees gyaku-zuki chudan		X	X		
2	Gyaku-zuki maai control				X	
3	Step forward sanbon-zuki (jodan, chudan, chudan)	X	X	X		
	Kizami-zuki step forward sanbon-zuki (jodan, chudan, chudan) Kizami-zuki gyaku-zuki choku-zuki oi-zuki gyaku-zuki (gohon renzoku oi-komi)				X	X
4	Step back age-uke mae-geri	X	X			
	Step back age-uke mae-geri gyaku-zuki Step back age-uke step forward mawashi-geri uraken oi-zuki			X	X	
5	Step forward age-enpi (kokutsu-dachi), mawashi-enpi (zenkutsu-dachi), yoko-enpi (kiba-dachi)					X
6	Step forward soto-uke enpi-uchi uraken-uchi	X	X			
	Step forward soto-uke enpi-uchi uraken-uchi gyaku-zuki			X		
7	Step back shuto-uke kizami mae-geri nukite	X	X	X		
8	Step forward uchi-uke kizami-zuki gyaku-zuki	X	X	X		
9	Kizami-zuki step forward mae-geri oi-zuki				X	
	Step forward mae-geri oi-zuki mawashi-geri uraken-uchi ushiro-geri gyaku-zuki					X
10	Step forward mae-geri chudan mawashi-geri jodan (ren-geri)	X	X			
11	Step forward mae-geri chudan same leg yoko-geri kekomi	X	X	X		
	Step forward mae-geri chudan mae-geri jodan (nidan-geri)			X		
12	Step across yoko-geri keage turning yoko-geri kekomi	X	X	X		
13	Step forward mawashi-geri gyaku-zuki	X	X	X		
14	Step forward gyaku mawashi-geri				X	
	Step forward gyaku mawashi-geri mawashi-geri (same leg)					X
15	Step forward ura mawashi-geri				X	
	Step forward ura mawashi-geri gyaku-zuki					X
16	Step forward ushiro-geri	X				
	Step forward ushiro-geri gyaku-zuki Step forward ushiro-geri uraken-uchi gyaku-zuki		X	X	X	
17	Step forward shuto-uchi jodan (palm up)	X	X			
	Step forward double shuto-uchi jodan (outside then inside)			X		
18	Step back uraken-uchi jodan	X	X			
19	Mae-geri, yoko-geri keage, ushiro-geri before landing. L & R				X	
	Mae-geri, yoko-geri, ushiro-geri, mawashi-geri before landing. L & R					X
KUMITE						
	Jiyu-ippon kumite (jodan, chudan, mae-geri, mawashi-geri, ushiro-geri)	X	X	X		
	Jiyu kumite				X	X
KATA						
	Heian 1-5, Tekki Shodan (examiner's choice)	X	X	X		
	Bassai-dai, Kanku-dai, Jion, or Enpi (examinee's choice)	X	X	X		
	Bassai-dai, Kanku-dai, Jion, or Enpi (examiner's choice)				X	X
	Tokui-gata				X	X

ADVANCED CLASS ROTATING CURRICULUM

WEDNESDAY ADVANCED CLASS				
16-week rotating curriculum (Each 4th week is a review)				
	KIHON	KATA	Kihon Kata	KUMITE
1	1 to 3	Kanku Dai	H1	Jiyu-Ippon
2	4 to 6	Bassai Dai	H2	Jiyu Kumite
3	7 to 9	Kanku Dai (Bunkai)	H3	Gripping
4	1 to 9	Tokui	H1 - H3	Jiyu Kumite
5	10 to 13	Enpi	H4	Jiyu-Ippon
6	14 to 16	Bassai Dai	H5	Jiyu Kumite
7	17 to 19	Enpi (Bunkai)	T1	Throwing
8	10 to 19	Tokui	H4 - T1	Jiyu-Ippon
9	1 to 3	Jion	H1	Jiyu-Ippon
10	4 to 6	Bassai Dai	H2	Jiyu Kumite
11	7 to 9	Jion (Bunkai)	H3	Gripping
12	1 to 9	Tokui	H1 - H3	Jiyu Kumite
13	10 to 13	Kata of the Month	H4	Jiyu-Ippon
14	14 to 16	Bassai Dai	H5	Jiyu Kumite
15	17 to 19	Kata of the Month	T1	Throwing
16	10 to 19	Tokui	H4 - T1	Jiyu-Ippon

SATURDAY ADVANCED CLASS				
16-week rotating curriculum (Each 4th week is a review)				
	KIHON	KATA	Kihon Kata	KUMITE
1	10 to 13	Bassai Dai	H4	Jiyu Kumite
2	14 to 16	Kanku Dai	H5	Jiyu-Ippon
3	17 to 19	Bassai Dai (Bunkai)	T1	Throwing
4	10 to 19	Tokui	H4 - T1	Jiyu-Ippon
5	1 to 3	Bassai Dai	H1	Jiyu Kumite
6	4 to 6	Enpi	H2	Jiyu-Ippon
7	7 to 9	Bassai Dai (Bunkai)	H3	Gripping
8	1 to 9	Tokui	H1 - H3	Jiyu Kumite
9	10 to 13	Bassai Dai	H4	Jiyu Kumite
10	14 to 16	Jion	H5	Jiyu-Ippon
11	17 to 19	Bassai Dai (Bunkai)	T1	Throwing
12	10 to 19	Tokui	H4 - T1	Jiyu-Ippon
13	1 to 3	Bassai Dai	H1	Jiyu Kumite
14	4 to 6	Kata of the Month	H2	Jiyu-Ippon
15	7 to 9	Bassai Dai (Bunkai)	H3	Gripping
16	1 to 9	Tokui	H1 - H3	Jiyu Kumite