

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

| SATURDAY INTERMEDIATE + ADVANCED CLASS | | | | |
|---|-----------------------|---------------------|--------------|--------------------|
| 16-week rotating curriculum (Each 4th week is a review) | | | | |
| | KIHON | Adv KATA | Int Kata | KUMITE |
| 1 | Sanbon-zuki | Bassai Dai | H4 | Kihon Ippon |
| 2 | Age-uke mae-geri | Bassai Dai | H4 | Jiyu-Ippon |
| 3 | Soto-uke enpi-uchi | Bassai Dai (Bunkai) | H4B | Gripping |
| 4 | Review | Tokui | H4 | Jiyu Kumite |
| 5 | Uchi-uke gyaku-zuki | Kanku Dai | H5 | Kihon Ippon |
| 6 | Shuto-uke Nukite | Kanku Dai | H5 | Jiyu-Ippon |
| 7 | Ren-geri | Kanku Dai (Bunkai) | H5B | Throwing |
| 8 | Review | Tokui | H5 | Jiyu Kumite |
| 9 | Yoko-geri | Enpi | T1 | Kihon Ippon |
| 10 | Mawashi-geri | Enpi | T1 | Jiyu-Ippon |
| 11 | Ushiro-geri | Enpi (Bunkai) | T1B | Gripping |
| 12 | Review | Tokui | T1 | Jiyu Kumite |
| 13 | Uchi/Ura Mawashi-geri | Jion | H4 | Kihon Ippon |
| 14 | Shuto-uchi | Jion | H5 | Jiyu-Ippon |
| 15 | Uraken-uchi | Jion (Bunkai) | T1 | Throwing |
| 16 | Review | Tokui | H4-T1 | Jiyu Kumite |