

		Requirements									
		Rank									
		Title									
		White Belt Blue Bar	Blue Belt	Blue Belt Green Bar	Green Belt	Green Belt Brown Bar	Green Belt Double Brown Bar	Brown Belt	Brown Belt Black Bar	Brown Belt Double Black Bar	1 st Kyu
Warm Up	Push ups	10	15	20	25	30	40	50	65	80	
	Sit ups	10	15	20	25	30	40	50	65	80	
	Squats	10	15	20	25	30	40	50	65	80	
Preliminaries	Stances	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Hands	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Kicks	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Elbows & Knees	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Blocks	x	✓	✓	✓	✓	✓	✓	✓	✓	
	Strikes	x	✓	✓	✓	✓	✓	✓	✓	✓	
Theory	Five Yakusuko	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Punch Routine	x	✓	✓	✓	✓	✓	✓	✓	✓	
	Kick Routine	x	x	✓	✓	✓	✓	✓	✓	✓	
	Ido Kihon Waza	x	x	x	✓	✓	✓	✓	✓	✓	
	Punch-Kick Routine (/ Tsuki-geri Waza)	x	x	x	x	✓	✓	✓	✓	✓	
	Naihanchin	x	x	x	x	x	✓	✓	✓	✓	
	Gekisai	x	x	x	x	x	x	✓	✓	✓	
	Sanchin	x	x	x	x	x	x	x	✓	✓	
	Tensho	x	x	x	x	x	x	x	x	✓	
	Seiinchin	x	x	x	x	x	x	x	x	x	
Self Defence	Counters from Grabs	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Counters from Punches	x	x	x	x	x	✓	✓	✓	✓	
Sparring		3 x 1 min	4 x 1 min	5 x 1 min	5 x 1.5 min	7 x 1.5 min	8 x 1.5 min	9 x 1.5 min	7 x 2 min	10 x 2 min	
Cost		35.00	50.00	35.00	60.00	35.00	35.00	70.00	35.00	35.00	