

| Kihon: Kyu              |                                          |                                         |                                        |                                     |                                               |   | Kihon: Dan                                                                          |                                                                                                                            |
|-------------------------|------------------------------------------|-----------------------------------------|----------------------------------------|-------------------------------------|-----------------------------------------------|---|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 8                       | 7                                        | 6                                       | 5                                      | 4                                   | 3                                             | 2 | 1                                                                                   | 2                                                                                                                          |
| Chudan Oizuki (x3)      | Jodan Oizuki (x3)                        |                                         |                                        |                                     | Oizuki Sanbon Zuki: 1 Jodan, 2 Chudan (x3)    |   |                                                                                     | Zenkutsu: Front leg only shift & Jodan Kizami Zuki, followed by Oizuki Sanbon Zuki (x3)                                    |
| Jodan Ageuke (x3)       |                                          |                                         |                                        | Jodan Ageuke, Chudan Gyakuzuki (x3) |                                               |   | Jodan Ageuke, Chudan Kizami Maegeri, Chudan Gyakuzuki (x3)                          | Slide forward Jodan Kizami Zuki, Chudan Maegeri, Jodan Oizuki (x3)                                                         |
| Chudan Soto-udeuke (x3) | Chudan Soto-udeuke, Jodan Gyakuzuki (x3) | Chudan Soto-udeuke, Yoko Empi Uchi (x3) |                                        |                                     | Chudan Soto-udeuke, Tate Uraken Uchi (x3)     |   | Chudan Soto-udeuke, Yoko Empi Uchi, Tate Uraken Uchi, Chudan Gyakuzuki (x3)         | Jodan Yoko Kiyage, Other leg Chudan Yoko Kekomi (x3)                                                                       |
| Chudan Shuto-uke (x3)   |                                          | Chudan Shuto-uke, Nukite (x3)           |                                        |                                     | Chudan Shuto-uke, Kizami Maegeri, Nukite (x3) |   |                                                                                     | Step back: Zenkutsu Jodan Age-uke, Forward: Zenkutsu Chudan Mawashigeri, Kibadachi Yoko Uraken, stepping Oizuki Jodan (x3) |
|                         |                                          |                                         |                                        |                                     | Chudan Uchi-udeuke, Chudan Gyakuzuki (x3)     |   | Chudan Uchi-udeuke, Jodan Kizami zuki, Chudan Kizami Maegeri, Chudan Gyakuzuki (x3) | Same Place: Jodan Maegeri, Jodan Yoko Kiyage, Chudan Yoko Kekomi, Chudan Mawashigeri, Chudan Ushirogeri (x3)               |
| Chudan Maegeri (x3)     | Jodan Maegeri (x3)                       | Maegeri Rengeri: Chudan/Jodan (x3)      |                                        |                                     | Kizami Maegeri Rengeri (x3)                   |   |                                                                                     |                                                                                                                            |
| Chudan Mawashigeri (x3) | Chudan Mawashigeri (x3)                  | Jodan Mawashigeri (x3)                  | Mawashigeri Rengeri: Chudan/Jodan (x3) |                                     | Kizami Mawashigeri Rengeri (x3)               |   |                                                                                     |                                                                                                                            |
| Chudan Yoko Keage (x2)  |                                          |                                         |                                        |                                     | Jodan Yoko Keage (x2)                         |   |                                                                                     |                                                                                                                            |
|                         |                                          |                                         |                                        |                                     | Chudan Yoko Kekomi (x2)                       |   |                                                                                     |                                                                                                                            |

| Kihon: Kyu         |                    |                                   |                                                  |                                                  |                                                               |                                                                    | Kihon: Dan                                                                                 |                             |
|--------------------|--------------------|-----------------------------------|--------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------|
| 8                  | 7                  | 6                                 | 5                                                | 4                                                | 3                                                             | 2                                                                  | 1                                                                                          | 2                           |
|                    |                    | Chudan Maegeri, Jodan Oizuki (x3) | All Chudan: Maegeri, Mawashigeri, Gyakuzuki (x3) | All Chudan: Maegeri, Yoko Kekomi, Gyakuzuki (x3) | Yoko Kekomi, Mawashigeri, Gyakuzuki (x3)                      | All Chudan: Yoko Kekomi, Mawashigeri, Gyakuzuki (x3)               | All Chudan: Chudan Kizami Yoko Kiyage, Chudan Mawashigeri, Chudan Gyakuzuki (x3)           |                             |
|                    |                    |                                   |                                                  |                                                  | All Chudan: Mawashigeri, same leg Yoko Kekomi, Gyakuzuki (x3) | Chudan Kizami Mawashigeri, same leg Yoko Kekomi, Jodan Oizuki (x3) | Chudan Kizami Mawashigeri, same leg Yoko Kekomi, Jodan Oizuki (x3)                         |                             |
|                    |                    |                                   |                                                  |                                                  | Same Place: Jodan Maegeri, Chudan Yoko Kekomi Kiyage (x2)     | Same Place: Jodan Maegeri, Chudan Yoko Kekomi (x2)                 | Same Place: Jodan Maegeri, Chudan Yoko Kiyage, Chudan Yoko Kekomi, Chudan Mawashigeri (x2) |                             |
|                    |                    |                                   |                                                  |                                                  | Pencil Test: Chudan Gyakuzuki (stationary)                    | Pencil Test: Chudan Gyakuzuki (Up/Down/Side)                       | Pencil Test: Chudan Gyakuzuki (Up/Down/Side/Forward/Backward)                              |                             |
| Kumite: Kyu        |                    |                                   |                                                  |                                                  |                                                               |                                                                    | Kumite: Dan                                                                                |                             |
| 8                  | 7                  | 6                                 | 5                                                | 4                                                | 3                                                             | 2                                                                  | 1                                                                                          | 2                           |
| (With count)       | (Without count)    | Jodan Oizuki (x2)                 | Jodan Oizuki (x2)                                | Jodan Oizuki (x2)                                | Jodan Oizuki (x1)                                             | Jodan Oizuki (x1)                                                  | Jiyu Ippon Kumite (Free semi sparring - Single action)                                     | Jiyu Kumite (Free Sparring) |
| Jodan Oizuki (x5)  | Jodan Oizuki (x5)  | Chudan Oizuki (x2)                | Chudan Oizuki (x2)                               | Chudan Oizuki (x2)                               | Chudan Oizuki (x1)                                            | Jodan Oizuki (x1)                                                  | Jodan Oizuki (x1)                                                                          |                             |
| Chudan Oizuki (x5) | Chudan Oizuki (x5) | Chudan Maegeri (x2)               | Chudan Maegeri (x2)                              | Chudan Maegeri (x2)                              | Chudan Maegeri (x1)                                           | Chudan Maegeri (x1)                                                | Chudan Oizuki (x1)                                                                         |                             |
|                    |                    |                                   |                                                  |                                                  | Chudan Yoko Kekomi (x1)                                       | Chudan Yoko Kekomi (x1)                                            | Chudan Maegeri (x1)                                                                        |                             |
|                    |                    |                                   |                                                  |                                                  | Chudan Ushirogeri (x1)                                        | Chudan Ushirogeri (x1)                                             | Chudan Yoko Kekomi (x1)                                                                    |                             |
|                    |                    |                                   |                                                  |                                                  |                                                               |                                                                    | Chudan Ushirogeri (x1)                                                                     |                             |