

Yellow Belt IDS	Orange Belt KIDS	Blue Belt KIDS	Blue 1 Tip KIDS	Blue 2 Tip KIDS	Blue 3 Tip KIDS
Kata Gekisai Dai Ichi Individual moves	Kata Gekisai Dai Ichi moves 1-6	Kata Gekisai Dai Ichi moves 1-13	Kata's Gekisai Dai Ichi moves 1-20	Kata's Gekisai Dai Itchi All the way through	Kata's Gekisai Dai Itchi All the way through
	Self defence - Moving back on 45 Degrees stepping of the line (NO HANDS) in pairs	Self defence - Moving back 45 Degrees stepping of the line, (Students must deflect or block punch/ attempt grab as they move)	Self defence -1 nominated front attack -single wrist grab	Self defence -2 nominated front attack -single wrist grab -single chest grab	Self defence-3 nominated front attacks -single wrist grab -single chest grab -double chest grab
		Pad work (3 x 1 min rounds) 1 x 1 L/R punch, 2 x 1 front kick, round kick, knee	Pad work (4 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee	Pad work (4 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee	Pad work (4 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee
		Shadow Sparring 1 x 30sec	Shadow Sparring 1 x 30sec	Shadow Sparring 1 x 30sec	Shadow Sparring 1 x 30sec

Green -Belt KIDS	Green -1 Tip KIDS	Green -2 Tip KIDS	Green -3 Tip KIDS	Brown Belt
Planking,, sit ups, squats, (15)	Planking,, sit ups, squats, (15)	Planking, sit ups, squats,(15)	Planking, sit ups, squats, (15)	Planking, sit ups, squats, (20)
Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown
Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -half lunge	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge
Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back
Break fall drill -Forward - Back -side	Break fall drill -Forward - Back -side	Break fall drill -Forward - Back -side	Break fall drill -Forward - Back -side	Break fall drill -Forward - Back -side
Blocks -upper -inside -outside -lower – marwashis	Blocks -upper -inside -outside -lower – marwashis	Blocks -upper -inside -outside -lower – marwashis	Blocks -upper -inside -outside -lower – marwashis	Blocks -upper -inside -outside -lower – marwashis- karkai
Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check
Strikes (fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts	Strikes (fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels	Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand	Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand	Strikes -(fighting stance) -L/R straight punches -left hook -L/R back fist -L/R circular elbows -L/R uppercuts -L/R palm heels -L/R knife hand -L/R axe hand -L/R ridge strikes -L/R finger strikes
Knees -Left straight knee -Right round knee	Knees -Left straight knee -Right round knee	Knees -L/Front knee -R/ round knee	Knees -L/Front knee -R/ round knee	Knees -L/Front knee -R/ round knee

Green -Belt KIDS	Green -1 Tip KIDS	Green -2 Tip KIDS	Green -3 Tip KIDS	Brown Belt
Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump kick	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump kick /knee	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -L/R crescent -L/ jump kick / knee -R/ ? Mark
Kata's Gekisai Dai Ichi Gekisai Dai Ni	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Footwork)	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Hand Position)	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on Breathing)	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way (focus on strength) -Tensho kata all the way
Self defence-4 nominated front attacks -single wrist grab -single chest grab -double chest -Single hand shove	Self defence-1 rear attack -bear hug,	Self defence-2 rear attack -bear hug, -single hair grab rear	Self defence-3 rear -bear hug, -single hair grab rear -single arm neck choke	Self defence-3 rear -bear hug, -single hair grab rear -single arm neck choke -single Shoulder Grab
Pad work (5 x 1 min rounds) 1 x 1 L/R punch, 1 x 1 front kick, round kick, knee 2 x 1 front kicks, straight punches	Pad work (6 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee 2 x 1 front kicks, straight punches	Pad work (6 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee 2 x 1 front kicks, straight punches	Pad work (6 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee 2 x 1 front kicks, straight punches	Pad work (7 x 1 min rounds) 2 x 1 L/R punch, 2 x 1 front kick, round kick, knee 3 x 1 front kicks, straight punches
Or Sparring 3 x 1 min rounds 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	Or Sparring 3 x 1 min rounds 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	Or Sparring 3 x 1 min rounds 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	Or Sparring 3 x 1 min rounds 1 x 1 hands 1 x 1 min legs 1 x 1 min hands & legs	Or Sparring 4 x 1 min rounds 1 x 1 hands 1 x 1 min legs 2 x 1 min hands & legs
Shadow Sparring 1 x min	Shadow Sparring 1 x 1 min	Shadow Sparring 1 x 1 min	Shadow Sparring 1 x 1 min	Shadow Sparring 2 x 1 min

Brown 1 Tip KIDS	Brown 2 Tip KIDS	Brown 3 Tip KIDS	Black Belt
Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)	Planking, sit ups, squats,(20)
Best Stretch Shown	Best Stretch Shown	Best Stretch Shown	Best Stretch Shown
Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat	Stances -Shoulder -squatting -side on -R/leg back fight stance -L/leg back deep lunge -prepare -cover -bear stance -half lunge -cat
Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back	Footwork -change over forward & back -switch on the spot -half shuffle forward / back -lunge forward & back
Break fall drill -Forward - Back -side -shoulder rolls front back	Break fall drill -Forward - Back -side -shoulder rolls front back	Break fall drill -Forward - Back -side -shoulder rolls front back	Break fall drill -Forward - Back -side -shoulder rolls front back
Blocks -upper -inside -outside -lower – marwashis- karkai	Blocks -upper -inside -outside -lower – marwashis- karkai	Blocks -upper -inside -outside -lower – marwashis- karkai	Blocks -upper -inside -outside -lower – marwashis- karkai
Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check	Checks -L/leg half leg check -R/leg full check -L/leg cross check -R/leg roll check -L/R straight check
Strikes -(fighting stance) -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	Strikes -(fighting stance) -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	Strikes -(fighting stance) -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist	Strikes -(fighting stance) -left jab- right punch -left hook -back fist -circular elbows -uppercuts -palm heels -knife hand -axe hand -ridge -tiger claw -hammer -spinning back fist

Brown 1 Tip KIDS	Brown 2 Tip KIDS	Brown 3 Tip KIDS	Black Belt
Knees -L/Front knee -R/ round knee	Knees -L/Front knee -R/ round knee	Knees -L/Front knee -R/ round knee	Knees -L/Front knee -R/ round knee
Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick	Basic Kicks -L/ front -R/round -L/ side -R/ back -L/ hook -R/ ? Mark -L/R crescent -L/ jump kicks & knees -L leg spinning side kick -R spinning hook kick -spinning outside crescent kick
Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata first 24 moves	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way - Seinchin kata first 36 moves	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata to R/Hand back corner	Kata's Gekisai Dai Ichi Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata all the way
Self defence- -straight punch,	Self defence- -straight punch, -double neck grab	Self defence- -straight punch, -double neck grab -double wrist grab	Self defence -straight punch, -double neck grab -double wrist grab -double chest grab
Padwork 8 x 1 min -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -1 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	Padwork 8 x 1 min -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	Padwork 8 x 1 min -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -1 x 1 min straight punches and straight kick on 2 shields -1 x 1 min sit on shield striking down with punches and elbows	Padwork 10 x 1 min -1x1 min L/R punch, grapple neck then 1 knee, -1 x 1 min front kick, round kick then grapple neck then 1 knee on shield -2 x 1 min legs (mostly legs keeping person away) -2 x 1 min on back front & side kicking out on shield -2 x 1 min straight punches and straight kick on 2 shields -2 x 1 min sit on shield striking down with punches and elbows

Brown 1 Tip KIDS IN - CLASS GRADINGS	Brown 2 Tip KIDS IN - CLASS GRADINGS	Brown 3 Tip KIDS IN - CLASS GRADINGS	Black Belt 1x Year Min age 10 yr old
Sparring-4x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	Sparring-4x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	Sparring-4x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs	Sparring-5x1-minute rounds of touch contact sparring -1 round hands & legs -1 round hands -1 round legs -1 round hands & legs -1 round hands and upper body clinching
Shadow Sparring 2 x 1 min	Shadow Sparring 2 x 1 min	Shadow Sparring 2 x 1 min	Shadow sparring-3x1minute rounds

1st Dan Grading -1 Red Stripe	2nd Dan (Nidan-Ho) 1 Red Stripe Grading for 1 White Stripes	2nd Red Stripe (Full Second Dan Grade)
Kata's demonstrated -Gekisai Dai Ichi -Gekisai Dai Ni -Sanchin kata all the way -Tensho kata all the way -Seinchin kata all the way -Saifa kata all the way through	Kata's demonstrated; - Gekisai Dai Ichi - Gekisai Dai Ni -Sanchin kata all the way through -Tensho kata all the way through -Seinchin kata all the way through -Saifa kata -Sanseiru kata all the way through	Kata's demonstrated; - Gekisai Dai Ichi - Gekisai Dai Ni -Sanchin kata all the way through -Tensho kata all the way through -Seinchin kata all the way through -Saifa kata -Sanseiru kata all the way through
Self defence -4 nominated attacks with nominated responses from Saifu kata – right wrist grab by attackers left hand – double handed chest reach/grab – right hand face/chest shove – rear right shoulder grab	Self defence –2 nominated attacks – right wrist grab by attackers left hand – double front wrist grab	Self defence –4 nominated attacks – right wrist grab by attackers left hand – double front wrist grab – rear grab(full nelson/master lock behind neck) – right leg front kick
Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)	Weapons Kata demonstrated -Bokken Kamay Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)	Weapons Kata demonstrated -Bokken Kamai Kata NEW -Bokken Eight Cut Flow Drill NEW -Bokken Kata (half only - plus pattern to move 8)
Weapons Self Defence 3 Nominated attacks with nominated responses from Bokken Kata 1 at time - overhead strike - horizontal Strike - lower strike to leg		
	Padwork 10 x 1 min (MUST HAVE OWN PAD HOLDER) -1 x 1 min L/R punch, R'elbow, grapple neck then 2 knees, -1 x 1 min front kick, round kick then grapple neck then 2 knees on shield -1 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -1 x 1 min hands & legs (mostly legs	Padwork 20 x 1 min (MUST HAVE OWN PAD HOLDER) -2x1 min L/R punch, R'elbow, grapple neck then 2 knees, -2 x 1 min front kick, round kick then grapple neck then 2 knees on shield -2 x 1 min left front kick , L/R punch, R' round kick, grapple neck 2 knees on shield -2 x 1 min hands & legs (mostly legs keeping

	<p>keeping person away) -1 x 1 minute upper body grappling alternating sides -1 x 1 minute of grappling round kicks, grapple counter round kick back, one side at time -1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around -1 x 2 min hold centre, hands only striking at focus pads as pad holder circles around -1 x 1 min hold outside circle, legs only striking at shield as you move around pad holder in middle -1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around-</p>	<p>person away) -2 x1 min on back front & side kicking out on shield -2 x 1 min on back front & side kicking out on shield pad holder is trying to get to side control -1 x 1 min on back, pad holder in guard, punching up L/R punch right elbow on focus pads -1 x 1 min in mount, pad holder on back, punching down L/R punch right elbow on focus pads -2 x 1 min straight punches and straight kick on 2 shields -1 x 1 min hold centre, hands only striking at focus pads as pad holder circles around -1 x 1 min hold outside circle, hands only striking at focus pads as you move around pad holder in middle -1 x 1 min hold centre, legs only kicking out at shield as pad holder circles around -1 x 1 min hold outside circle, legs only kicking out at shield as you move around pad holder in middle</p>
	<p>Sparring-5x1-minute rounds of touch contact sparring -1 round hands -1 round legs -1 round hands & legs -1 round hands and upper body clinching</p>	<p>Sparring-5x1-minute rounds of touch contact sparring -1 round hands -1 round legs -1 round hands & legs -1 round hands and upper body clinching</p>
	<p>Shadow Sparring 3 x 1min</p>	<p>Shadow Sparring 3 x 1min</p>