

SHOTOKAN NATION

Grade	Belt	Kihon	Kata	Kumite		
				attack	block	counter attack
novice to 11th Kyu	white belt to white with one orange stripe belt	yoi rei (standing at start, kneeling at end) tying belt responses to instructor commands making a fist choku tsuki step forward gedan barai step backward gedan barai oi tsuki chudan mawatte kia				
11th kyu to 10th kyu	white with one orange stripe belt to white and orange belt	oi tsuki jodan oi tsuki chudan age uke mae geri (from morote yoko gedan barai)	Kihon Kata (first 8 moves)	kihon ippon kumite right and left sides	jodan oi tsuki	age uke chudan gyaku tsuki
10th to 9th kyu	white and orange belt to orange belt	oi tsuki jodan oi tsuki chudan age uke soto uke mae geri (from kamae) mawashi geri (from kamae)	Kihon Kata	kihon ippon kumite right and left sides	jodan oi tsuki chudan oi tsuki	age uke soto uke chudan gyaku tsuki chudan gyaku tsuki
9th to 8th kyu	orange belt to red belt	oi tsuki jodan oi tsuki chudan age uke soto uke uchi uke shuto uke mae geri (from kamae) mawashi geri (from kamae) yoko geri keage (from kiba dachi)	Heian Shodan	kihon ippon kumite right and left sides	jodan oi tsuki chudan oi tsuki chudan mae geri	age uke soto uke gedan barai chudan gyaku tsuki chudan gyaku tsuki chudan gyaku tsuki
8th to 7th kyu	red belt to yellow belt	oi tsuki jodan oi tsuki chudan age uke, gyaku tsuki, choku tsuki soto uke, gyaku tsuki, choku tsuki uchi uke, gyaku tsuki, choku tsuki shuto uke mae geri (from kamae) mawashi geri (from kamae) yoko geri keage (from kiba dachi) yoko geri kekomi (from kiba dachi)	Heian Nidan	kihon kppon kumite right and left sides	jodan oi tsuki chudan oi tsuki chudan mae geri chudan mawashi geri	age uke soto uke gedan barai uchi uke chudan gyaku tsuki chudan gyaku tsuki chudan gyaku tsuki chudan gyaku tsuki

7th to 6th kyu	yellow belt to green belt	ren tsuki age uke, gyaku tsuki soto uke, gyaku tsuki, uchi uke, gyaku tsuki shuto uke nukite mae geri (from kamae) mawashi geri (from kamae) yoko geri keage (from kiba dachi) yoko geri kekomi (from kiba dachi)	Heian Sandan	kihon ippon kumite right and left sides	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri	any	any single
6th to 5th kyu	green belt to blue belt	sanbon tsuki age uke, gyaku tsuki, gedan barai soto uke, empi uchi, uraken uchi uke, kizami tsuki, gyaku tsuki shuto uke nukite mae ren geri (from kamae) mawashi geri (from kamae) ushiro geri (from kamae) yoko ren geri (from kiba dachi; front leg kiagi on first step, front leg kekomi on second step)	Heian Yondan	kihon ippon kumite right and left sides	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri	any	any single
5th to 4th kyu	blue belt to purple belt	sanbon tsuki age uke, gyaku tsuki, gedan barai soto uke, empi uchi, uraken, gyaku tsuki uchi uke, kizami tsuki, gyaku tsuki, gidan barai shuto uke, kizami geri, nukite yoko ren geri (from kiba dachi; front leg kiagi on first step, back leg kekomi on second step) mawashi geri (from kamae) ushiro geri (from kamae)	Heian Godan	kihon ippon kumite right side only	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
4th to 3rd Kyu	purple belt to brown belt	mae geri sanbon tsuki age uke, gyaku tsuki, gedan barai soto uke, empi uchi, uraken, gyaku tsuki, gedan barai uchi uke, kizami tsuki, gyaku tsuki, gedan barai shuto uke, mae ashi mawashi geri, nukite yoko ren geri (from kamae; back leg kekomi on first step, front leg keagi on second step) ushiro geri (from kamae)	Tekki Shodan	kihon ippon kumite right or left side	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
3rd to 2nd kyu	brown belt to brown and one white stripe belt	mae geri, oi tsuki, gyaku tsuki yoko geri, uraken, gyaku tsuki mawashi geri, uraken, gyaku tsuki ushiro geri, uraken, gyaku tsuki mae geri, yoko geri kekomi, mawashi geri, ushiro geri, uraken, gyaku tsuki	Bassai Dai	jiyu ippon kumite right side only	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
2nd to 1st kyu	brown and one white stripe belt to brown and two white stripes belt	kizami tsuki, oi tsuki, gyaku tsuki mae geri, oi tsuki, gyaku tsuki yoko geri, uraken, gyaku tsuki mawashi geri, uraken, gyaku tsuki ushiro geri, uraken, gyaku tsuki mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki	Bassai Dai	jiyu ippon kumite right side only	jodan oi tsuki chudan oi tsuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single