

Yellow	Orange	Blue	low green	high green	low purple	high purple	low brown	middle brown	high brown
Rei									
	seiza								
	ritsu rei								
	za rei								
Unsoku									
			ayumiashi						
			yoriashi						
			tsugiashi						
			kaitenashi						
Tachikata									
musubi dachi									
shizentai									
janzuki dachi									
shiko dachi									
hanmi gamae									
		gyakuzuki							
		maminekodachi							
		hanminekodachi							
		mahanminekodachi							
							chidoriashi		
							nijiriashi		
							naihanchidachi		
								seishan dachi	
								(tate and yoko)	
sonoba kihon									
zuki									
jodan uke									
gedan barai									
	soto uke								
	uchi uke								
maegeri									
ido kihon									
jodan									
gedan barai									
soto uke	soto uke								
uchi uke	uchi uke								
		gyakuzuki							
		shutouke							
geri									
maegeri									
		mawashi geri chudan							
			mawashigeri jodan						
			sokutogeri gedan						
				sokutogeri chudan					
					sokutogeri jodan				
kata									
nidan (basic)	nidan	nidan					favorite pinan kata	favorite pinan kata	
		sandan (basic)	sandan						
			shodan (basic)	shodan					
				yondan (basic)	yondan				
					godan (basic)	godan			
						kushanku (basic)	kushanku (basic)	kushanku basic	kushanku
	1 step attack	2 step attack	3 step attack	3 step attack	4 step attack	4 step attack		naihanchi basic	naihanchi basic
							kumite	kumite	kumite
									kihon kumite ipponme
									kihon kumite nihonme
									pinan yondan kaisetsu