

Belt Rank Requirements

<i>These are minimum requirements for the rank you are testing for. Students are graded on knowledge and proficiency of techniques, focus and spirit.</i>	10 Kyu	9th Kyu	8th Kyu	7th Kyu	6th Kyu	5th Kyu	4th Kyu	3rd Kyu	2nd Kyu	1st Kyu	Shodan		10 Kyu	9th Kyu	8th Kyu	7th Kyu	6th Kyu	5th Kyu	4th Kyu	3rd Kyu	2nd Kyu	1st Kyu	Shodan	
Blocks												Stances												
Gedan Barai (lower sweeping block)	X	X	X	X	X	X	X	X	X	X	X	Kiba-dachi (Horse/Straddle stance)	X	X	X	X	X	X	X	X	X	X	X	X
Chudan Uchi Uke (Middle inside block)	X	X	X	X	X	X	X	X	X	X	X	Shiko-dachi (Sumo, wide-open)	X	X	X	X	X	X	X	X	X	X	X	X
Chudan Soto Uke (Middle outside block)	X	X	X	X	X	X	X	X	X	X	X	Zenkutsu-dachi (Forward leaning)	X	X	X	X	X	X	X	X	X	X	X	X
Age Uke (Rising block)	X	X	X	X	X	X	X	X	X	X	X	Seiza (Sit/Kneeling Quietly)	X	X	X	X	X	X	X	X	X	X	X	X
Shotai-uke (Palm-heel block)				X	X	X	X	X	X	X	X	Kokutsu-dachi (Backward leaning)		X	X	X	X	X	X	X	X	X	X	X
Shuto-uke (Knife hand block)			X	X	X	X	X	X	X	X	X	Kamae (Fighting stance)	X	X	X	X	X	X	X	X	X	X	X	X
Hiza Uke (Thai Knee Block)		X	X	X	X	X	X	X	X	X	X	Neko-ashi-dachi (Cat stance)		X	X	X	X	X	X	X	X	X	X	X
Koken-uke (Ox Jaw Block)				X	X	X	X	X	X	X	X	Tsuri-ashi-dachi (Crane stance)		X	X	X	X	X	X	X	X	X	X	X
Morote-soe-uke (Augmented Forearm block)						X	X	X	X	X	X	Kake-dachi (Hooked stance)				X	X	X	X	X	X	X	X	X
												Sanchin-dachi (Hourglass stance)	X	X	X	X	X	X	X	X	X	X	X	X
Strikes												Heiko-dachi (Parallel stance)			X	X	X	X	X	X	X	X	X	X
Jodan-zuki (Upper punch)	X	X	X	X	X	X	X	X	X	X	X	Mei-Heiko-dachi (Foot Forward Parallel stance)		X	X	X	X	X	X	X	X	X	X	X
Chudan-zuki (Middle punch)	X	X	X	X	X	X	X	X	X	X	X	Heisoku-dachi (Closed foot stance)					X	X	X	X	X	X	X	X
Gedan-zuki (Lower punch)	X	X	X	X	X	X	X	X	X	X	X	Seisan-dachi (Forward stance)					X	X	X	X	X	X	X	X
Empi-uchi (Elbow strike)		X	X	X	X	X	X	X	X	X	X	Shizentai-dachi (Natural stance)				X	X	X	X	X	X	X	X	X
Gyaku-zuki (Reverse punch)	X	X	X	X	X	X	X	X	X	X	X													
Ureken-uchi (Backfist strike)			X	X	X	X	X	X	X	X	X	Kata												
Shuto-uchi (Knifehand strike)			X	X	X	X	X	X	X	X	X	Taikyoku I			X	X	X	X	X	X	X	X	X	X
Kentsui-uchi (Hammerfist strike)				X	X	X	X	X	X	X	X	Taikyoku II			X	X	X	X	X	X	X	X	X	X
Haito-uchi (Ridgehand strike)					X	X	X	X	X	X	X	Taikyoku III				X	X	X	X	X	X	X	X	X
Nukite-uchi (Spearhand thrust)						X	X	X	X	X	X	Pinan I				X	X	X	X	X	X	X	X	X
												Pinan II					X	X	X	X	X	X	X	X
Kicks												Pinan III						X	X	X	X	X	X	X
Mae-geri (Front kick)	X	X	X	X	X	X	X	X	X	X	X	Pinan IV							X	X	X	X	X	X
Mawashi-geri (Roundhouse kick)	X	X	X	X	X	X	X	X	X	X	X	Pinan V								X	X	X	X	X
Ushiro-geri (Back Kick)	X	X	X	X	X	X	X	X	X	X	X	Geksai Dai Ichi	X	X	X	X	X	X	X	X	X	X	X	X
Yoko-geri (Side kick)		X	X	X	X	X	X	X	X	X	X	Geksai Dai Ni			X	X	X	X	X	X	X	X	X	X
Soto-mikazuki-geri (Outside crescent)			X	X	X	X	X	X	X	X	X	Saifa				X	X	X	X	X	X	X	X	X
Uchi-mikazuki-geri (Inside crescent)			X	X	X	X	X	X	X	X	X	Seiyunchin							X	X	X	X	X	X
Ura-mawashi-geri (Spin back kick)				X	X	X	X	X	X	X	X	Sisochin								X	X	X	X	X
Ashi-barai (Leg sweep)					X	X	X	X	X	X	X	Bo Kata					X	X	X	X	X	X	X	X
Hiza-geri (Knee kick)					X	X	X	X	X	X	X	Ten Rei No Con Dai Ichi						X	X	X	X	X	X	X
Mae-geri-kakato (front kick with heel)					X	X	X	X	X	X	X	Sai Kata							X	X	X	X	X	X
Sokuto-geri (Foot-edge kick)						X	X	X	X	X	X	Matsuhiga No Tonfa Ni								X	X	X	X	X
Kumite												Other												
Control	X	X	X	X	X	X	X	X	X	X	X	Tie Belt	X	X	X	X	X	X	X	X	X	X	X	X
Variety of Technique	X	X	X	X	X	X	X	X	X	X	X	Counting	X	X	X	X	X	X	X	X	X	X	X	X
Movement	X	X	X	X	X	X	X	X	X	X	X	Japanese Terms	X	X	X	X	X	X	X	X	X	X	X	X