

White Belt + Adv *			
Hand	Blocks	Kick	Stances
Jodan Zuki	Gedan Bari	Mae Geri	Sanchin Dachi
Chudan Zuki	Jodan Uke	Mae Keage	Fudo Dachi (normal)
Gedan Zuki	Kakiwake Uke	Kin Geri	Heiko Dachi (parallel)
Sanbon Zuki	Chudan soto uke	Hize Geri	Zenkusu Kiba
Jodan morote	Chudan uchi uke	Mawashi Geri	Re Dachi (fighting)*
Chudan morote		Yoko keage	
Gedan morote		Yoko Geri	
Sanbon morote			
Seiken Ago Zuki	Combinations*	Kata*	Basic Self Defense
Seiken Awase Zuki	Left mae geri	Taikyoku I	1, 2, 3, 4
Sekien Oi Zuki	left seiken jodan zuki	Taikyoku II	
Gyaku Zuki	right seiken jodan zuki		
Uraken Shomen Uchi	right mawashi geri		
Uraken Sayu uchi			
Uraken Furi uchi			
Shuto Gamman uchi			
Shuto Sakotsu uchi			
Shuto Uchi Uchi			
Nutkite			
Shotei			
Blue Belt + Adv*			
Hand	Blocks	Kick	Stances
Uraken Mawashi Uchi	Chudan U Uke/Gedan Bari	Ushiro Geri	Heisoku Dachi (closed toe)
Shuto Hizo Uchi	Kote Uke	Kansetsu Geri	KoKutsu dachi
Hiji Mawashi ate (rh elbow)	Kake Uke	Uchi Mawashi Geri	Shiko Dachi
Hiji Age (rising elbow)	Shuto Enke Uke -circular knife	Soto Mawashi Geri	Musubi (open toe)*
Mororte Nukite	Shuto mawashi uke		Nekoashi (cat)*
Morote Hiato			
Shita Zuki	Combinations	Kata	Basic Self Defense
Jun Zuki	Basic blocks + gyaku zuki	Taikyoku III	1 thru 6
Tettsui Uchi Uchi	Combinations	Seido I	
Tettsui Gammaen Uchi*	kokutsue+ shuto mawashi*	Pinan 1*	Basic Seido Strategy
Tettsue Sakostsu Uchi*			Mae Geri
Yellow + Adv*			
Hand	Blocks	Kick	Stances
Enkei Chudan Gyaku Tsuke (circular knife + reverse)		Kake Geri	Tsuru dachi (crane)
Hiji Yoko Ate (side elbow)	Kihon Kumite	Kata	Basic Self Defense
Hiji Ushiro Ate (rising elbow)	1, 2	Seideo II	1 thru 10
Hiji Ushiro Age (back rising)		Pinan II	
	Yakso Kumite	Pinan III*	Basic Seido Strategy
	1, 2	Sanchin Kata*	Mae Geri
			Mawashi
			Yoko Geri
Green + Adv*			
Hand	Blocks	Kick	Stances
Yongju Godo Kiba #1	Juji Uke		Kake Dachi
Yongu Godo Kiba #2*			
	Kihon Kumite	Kata	Basic Self Defense
	1 thru 4	Seido III	1 thru 10 (left & right)
	1 thru 6*	Pinan IV	Intermeidate Self Defense
		Gekisai Dai	1 thru 5
		Yansu*	6 thru 10*
	Yakso Kumite		Basic Seido Strategy
	1 thru 3		Mae Geri
			Mawashi
			Yoko Geri
			Kake Geri
			Ushiro Geri*
Brown + Adv*			
Hand	Blocks	Kick	Stances
Yongju Godo Kiba #3		tobi geri (jumping kicks)	Katahiza dachi (one knee) Kuzure dachi (staggard parallel)
falling, sweeping, rolling	Kihon Kumite	Kata	Basic Self Defense
	1 thru 7*	Taikyoku I&II Ura	1 thru 10 (left & right)
		Pinan V	Intermeidate Self Defense
		Seideo IV	1 thur 10
		Tsuki no Kata	
	Yakso Kumite	Taikoku III ura*	
	1 thru 4	Tensho*	Basic Seido Strategy
		Sai Ha*	Mae Geri
			Mawashi
			Yoko Geri
			Kake Geri
			Ushiro Geri
			Uchi Mawashi kakato Otoshshi
			Soto mawashi kakato otoshi (inside/outside rh axe)
			Ushiro mawashi geri * (back spin kick)

