

	Peewee (4&5)	Junior(6-8)	Youth(9-15)	Adult
Movements				
Yoi				
Hand Techniques				
Seiken Morote Zuki, Jodan, Chudan, Gedan, Seiken Ago Zuki				
Sanbon Morote Zuki				
Uraken Shomen Uchi, Uraken Sayu Uchi, Sanbon Morote Zuki				
Seiken Zuki, Jodan, Chudan, Gedan, Sanbon, Awase, Uraken Furi Uchi				
Seiken Oi Zuki, Nukite, Shotei				
Shuto Gammen Uchi, Shuto Sakotsu Uchi				
Seiken Gyaku Zuki				
Shuto Uchi Uchi				
Hiji Mawashi Ate, Morote Nukite				
Shita Zuki, Tettsui Uchi Uchi				
Tettsui Gammen Uchi, Tettsui Sakotsu Uchi				
(Kiba Dach) Jun Zuki				
Uraken Mawashi Uchi				
Shuto Sakotsu Uchi Komi, Shuto Hizo Uchi, Morote Haito				
(Kiba Dach) Tettsui Uchi Uchi				
Hiji Age				
(Kiba Dach) Hiji Yoko Ate				
Hiji Ushiro Ate, Hiji Ushiro Age				
Enkei Chudan Gyaku Tsuki				
Blocks				
Kakiwake Uke				
Jodan Uke				
Gedan Barai				
Chudan Soto Uke				
Chudan Uchi Uke				
Chudan Uchi Uke/Gedan Barai, Kote Uke				
Kake Uke				
Shuto Enkei Uke, Shuto Mawashi Uke				
Juji Uke				
Kicks				
Mae Keage, Mae Geri, Kin Geri, Hiza Geri				
Mawashi Geri, Yoko Keage				
Yoko Geri				
Uchi Mawashi Geri, Soto Mawashi Geri				
Kansetsu Geri				
Ushiro Geri				
Kake Geri				
Tobi Geri				
Stances				
Fudo Dach, Heiko Dach				
Kiba Dach				
Sanchin Dach				
Zenkutzu Dach				
Re Dach				
Heisoku Dach, Shiko Dach				
Musubi Dach				
Kokutsu Dach				
Nekoashi Dach				
Tsuruashi Dach				
Kake Dach				
Kuzure Heiko Dach				
Kata Hiza Dach				
Kata				
Sanbon Zuki Kata 1 & 2				
Taikyoku 1				
Seido 1				
Taikyoku 2				
Taikyoku 3				
Seido 2				
Pinan 1				
Pinan 2				
Pinan 3, Sanchin Kata				
Gekisai Dai, Seido 3				
Pinan 4				
Yansu Kata				
Seido 4				
Taikyoku 1&2 Ura, Pinan 5, Tsuki No Kata				
Taikyoku 3 Ura, Tensho, Sai Ha				

	Peewee (4&5)	Junior(6-8)	Youth(9-15)	Adult
Basic Self Defense Techniques				
1	Light Blue	Light Blue	Grey	Grey
2	Blue	Blue	Grey	Grey
3	Yellow	Yellow	Light Blue	Grey
4	Orange	Orange	Light Blue	Grey
5, 6	Light Green	Light Green	Yellow	Light Blue
7, 8	Green	Green	Orange	Yellow
9, 10	Black	Brown	Light Green	Orange
1 - 10 left punch	Black	Brown	Brown	Light Green
Intermediate Self Defense Techniques				
1, 2	Black	Brown	Green	Light Green
3, 4	Black	Black	Brown	Light Green
5	Black	Black	Brown	Light Green
6	Black	Black	Brown	Green
7, 8, 9, 10	Black	Black	Black	Green
Kihon Kumite				
1, 2	Light Green	Light Green	Light Green	Orange
3	Black	Brown	Brown	Light Green
4	Black	Brown	Brown	Light Green
5, 6	Black	Black	Black	Green
7	Black	Black	Black	Brown
Yakusoku Kumite				
1	Green	Green	Green	Orange
2	Black	Brown	Brown	Orange
3	Black	Brown	Brown	Light Green
4	Black	Black	Black	Brown
Sparring				
	Light Green	Light Green	Light Green	Light Green
Miscellaneous				
Falling, Sweeping and Rolling	Black	Brown	Brown	Brown
Basic Seido Strategy				
Mae Geri	Black	Black	Black	Blue
Mawashi Geri	Black	Black	Black	Yellow
Yoko Geri	Black	Black	Black	Orange
Hook Kick	Black	Black	Black	Light Green
Ushiro Geri	Black	Black	Black	Green
Uchi Mawashi Kakato Otoshi Geri, Soto Mawashi Kakato Otoshi Geri	Black	Black	Black	Brown
Ushiro Mawashi Geri	Black	Black	Black	Brown
Combinations				
Basic Fighting Combinaton #1, left mae geri, left seiken jodan zuki, right seiken jodan zuki, right wawashi geri	Black	Black	Black	Grey
Basic Blocks, Gyaku Zuki	Black	Black	Black	Light Blue
Blocks, Kicks, Hand Techniques from White and Blue Syllabus	Black	Black	Black	Light Blue
Yonju Godo Kiba Dach #1 - Hiji Mawashi Ate, Uraken Shomen Uchi, Gedan Barai, Chudan Gyaku Tsuki	Black	Black	Brown	Light Green
Yonju Godo Kiba Dach #2 - Tettsui, Jodan Nukite, Hiji Mawashi Ate, Uraken Shomen Uchi, Gedan Barai, Chudan Gyaku Tsuki	Black	Black	Black	Green
Yonju Godo Kiba Dach #3 - Tsuki Age, Uraken Sayu Uchi, Hiji Mawashi Ate, Tettsui, Jodan Nukite, Jodan Uke, Kake Uke, Chudan Gyaku Tsuki	Black	Black	Black	Brown
Lexicon				
	White		Advanced Yellow	Orange
	Advanced White	Grey	Green	Light Green
	Blue	Light Blue	Advanced Green	Green
	Advanced Blue	Blue	Brown	Brown
	Yellow	Yellow	Advanced Brown	Brown
	Black	Black	Black	Black