

	Junior(6-8)	Youth(9-15)	Adult
Hand Techniques			
Seiken Zuki (Jodan, Chudan, Gedan,) Sanbon Zuki, Awase Zuki,			
Seiken Morote Zuki (Jodan, Chudan, Gedan,) Seiken Ago Zuki, Sanbon Morote Zuki			
Uraken Shomen Uchi, Uraken Sayu Uchi, 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, (Kiba Dachi) Jun Zuki			
Tettsui Gammen Uchi, Tettsui Sakotsu Uchi			
Uraken Mawashi Uchi			
Shuto Sakotsu Uchi Komi, Shuto Hizo Uchi, Morote Haito			
(Kiba Dachi) Tettsui Uchi Uchi			
Hiji Age			
(Kiba Dachi) 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 Dachi, Heiko Dachi, Sanchin Dachi			
Kiba Dachi, Zenkutsu Dachi			
Re Dachi			
Heisoku Dachi, Shiko Dachi			
Musubi Dachi			
Kokutsu Dachi			
Nekoashi Dachi			
Tsuruashi Dachi			
Kake Dachi			
Kuzure Heiko Dachi			
Kata Hiza Dachi			
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			

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