

YEAR ONE

Rank	Etiquette	Exercises	Waza and Partner Work	Kihon/Kata
1 stripe (15 classes)	Bow when entering/leaving dojo "Shugo" meaning	Skip Hikite	Musubi-dachi Soto-hachiji-dachi Uchi-hachiji-dachi Seisan-dachi Shiko-dachi	Soto-uke stationary Choku- zuki (introductory level)
2 stripes (15 classes)	Protocol if late: Kneel if late for class/wait for sensei	Jumping jacks Double skip	Partners (choku-zuki & soto-uke) stationary with gloves	Soto-uke stationary Choku- zuki (improved level)
3 stripes (15 classes)	Protocol for starting class(with help) Ritsurei (standing bow)	Bear walk Mae-te-zuki Partner holds chest protector	Partners soto-uke vs mae- te-zuki (4 steps ahead & back)	Step ahead in seisan-dachi and shiko-dachi, mae-te- zuki Step back (both stances) soto-uke
4 stripes (15 classes)	protocol for ending class(with help) Know how to start a kihon	Mae-keage (4 step process) Hikiashi	Correct mae-keage Partner holds chest protector as kicking shield	Mae-keage (4 steps ahead) Mae-ashi-keage (4 back)
9th Kyu yellow-white stripe belt (15 classes)	"karate" meaning Know style of karate Know how to end a kihon	Cross overs	Correct mae-keage Partner holds chest protector as kicking shield (4 steps ahead & back)	Kihon-dosa-ichi

Complete review of waza and Kihon required to pass yellow/white stripe belt test

YEAR TWO

Rank	Etiquette	Exercises	Waza	Kihon/Kata
1 stripe (15 classes)	Meaning of "sensei" Sensei of Club	Jodan-age-uke Uchi-uke Gedan-barai	Heisoku-dachi Heiko-dachi	Step back jodan-age-uke Step back uchi-uke Step back gedan-barai
2 stripes (15 classes)	O-ne-gai shi-mas Seiza (kneeling)	Run the lines with correct metsuke	Step back jodan-age-uke Step back uchi-uke Step back gedan-barai, partner steps mae-te-zuki	Kihon-dosa-ni
3 stripes (15 classes)	Protocol for opening class Zarei (sitting bow)	Jog and punch at same time Ichi-guan Ni-soku	Kosa-dachi Yoko-geri to side (4 step process) Partner holds chest protector as kicking shield	Zen-shin-kotai
4 stripes (15 classes)	Protocol for ending class	Cross overs done slowly with emphasis on moving from soto-hachiji-dachi to kosa-dachi	Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi	Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi, correct kamae
8th Kyu yellow belt (15 classes)	Domo-arigato gozai-masta	Kaiten garuma Squats	Cross in front, kosa-dachi, yoko-geri to side; land in seisan-dachi Partner holds chest protector as kicking shield	Kihon-kata-ichi

Complete review of ALL waza and Kihon required to pass yellow belt test

YEAR THREE

Rank	Etiquette	Exercises	Waza	Kihon/Kata
1 stripe (15 classes)	Head of Chito Ryu on PEI Tying of Obi	Leg raises Jog backwards Kagi-zuki Jodan-ushiro-zuki	Yoko-geri to front (4 step process)	Yoko-geri to front Partner holds chest protector as kicking shield
2 stripes (15 classes)	Showa in English	Sit-ups Shuto-uchi Tate-empi-uchi	O-uchi-mawashi-geri (4 step process)	O-uchi-mawashi-geri Partner holds chest protector as kicking shield
3 stripes (15 classes)	Meaning of "mudansha"	Push-ups from knees Side strides Crab walk	Ushiro-geri (4 step process)	Ni-ju-hichi-ko (first 16 moves - be able to name the techniques)
4 stripes (15 classes)	Meaning of "yudansha"	Duck walk Uraken-uchi	4 steps ahead doing 4 kicks from Kihon-kata-ni	4 steps ahead doing 4 kicks from Kihon-kata-ni Partner holds chest protector as kicking shield
7th Kyu orange-white stripe belt (15 classes)	Head of Chito Ryu Canada	Flying jumping jacks	Sideways sequences in Kihon-kata-ni	Kihon-kata-ni

Complete review of ALL waza and Kihon required to pass orange/white stripe belt test

