

Kihon: Kyu							Kihon: Dan		
8	7	6	5	4	3	2	1	1	2
Chudan Oizuki (x3)	Jodan Oizuki (x3)				Oizuki Sanbon Zuki: 1 Jodan, 2 Chudan (x3)				Zenkutsu: Front leg only shift & Jodan Kizami Zuki, followed by Oizuki Sanbon Zuki (x3)
Jodan Ageuke (x3)				Jodan Ageuke, Chudan Gyakuzuki (x3)			Jodan Ageuke, Chudan Kizami Maegeri, Chudan Gyakuzuki (x3)	Slide forward Jodan Kizami Zuki, Chudan Maegeri, Jodan Oizuki (x3)	
Chudan Soto-udeuke (x3)	Chudan Soto-udeuke, Jodan Gyakuzuki (x3)	Chudan Soto-udeuke, Yoko Empi Uchi (x3)		Chudan Soto-udeuke, Yoko Empi Uchi, Tate Uraken Uchi (x3)			Chudan Soto-udeuke, Yoko Empi Uchi, Tate Uraken Uchi, Chudan Gyakuzuki (x3)	Jodan Yoko Kiyage, Other leg Chudan Yoko Kekomi (x3)	
Chudan Shuto-uke (x3)		Chudan Shuto-uke, Nukite (x3)			Chudan Shuto-uke, Kizami Maegeri, Nukite (x3)				Step back: Zenkutsu Jodan Age-uke, Forward: Zenkutsu Chudan Mawashigeri, Kibadachi Yoko Uraken, stepping Oizuki Jodan (x3)
					Chudan Uchi-udeuke, Chudan Gyakuzuki (x3)			Chudan Uchi-udeuke, Jodan Kizami zuki, Chudan Kizami Maegeri, Chudan Gyakuzuki (x3)	Same Place: Jodan Maegeri, Jodan Yoko Kiyage, Chudan Yoko Kekomi, Chudan Mawashigeri, Chudan Ushirogeri (x3)
Chudan Maegeri (x3)	Jodan Maegeri (x3)	Maegeri Rengeri: Chudan/Jodan (x3)			Kizami Maegeri Rengeri (x3)				
	Chudan Mawashigeri (x3)	Jodan Mawashigeri (x3)	Mawashigeri Rengeri: Chudan/Jodan (x3)		Kizami Mawashigeri Rengeri (x3)				
Chudan Yoko Keage (x2)				Jodan Yoko Keage (x2)					
				Chudan Yoko Kekomi (x2)					

Kihon: Kyu							Kihon: Dan		
8	7	6	5	4	3	2	1	1	2
		Chudan Maegeri, Jodan Oizuki (x3)	All Chudan: Maegeri, Mawashigeri, Gyakuzuki (x3)	All Chudan: Maegeri, Yoko Kekomi, Gyakuzuki (x3)	All Chudan: Yoko Kekomi, Mawashigeri, Gyakuzuki (x3)			All Chudan: Chudan Kizami Yoko Kiyage, Chudan Mawashigeri, Chudan Gyakuzuki (x3)	
					All Chudan: Mawashigeri, same leg Yoko Kekomi, Gyakuzuki (x3)			Chudan Kizami Mawashigeri, same leg Yoko Kekomi, Jodan Oizuki (x3)	
					Same Place: Jodan Maegeri, Chudan Yoko Kiyage (x2)	Same Place: Jodan Maegeri, Chudan Yoko Kekomi (x2)	Same Place: Jodan Maegeri, Chudan Yoko Kiyage, Chudan Yoko Kekomi (x2)	Same Place: Jodan Maegeri, Chudan Yoko Kiyage, Chudan Yoko Kekomi, Chudan Mawashigeri (x2)	
					Pencil Test: Chudan Gyakuzuki (stationary)	Pencil Test: Chudan Gyakuzuki (Up/Down/Side)		Pencil Test: Chudan Gyakuzuki (Up/Down/Side/Forward/Backward)	
Kumite: Kyu							Kumite: Dan		
8	7	6	5	4	3	2	1	1	2
(With count)	(Without count)	Jodan Oizuki (x2)			Jodan Oizuki (x1)			Jiyu Ippon Kumite (Free semi sparring - Single action)	Jiyu Kumite (Free Sparring)
Jodan Oizuki (x5)	Jodan Oizuki (x5)	Chudan Oizuki (x2)			Chudan Oizuki (x1)			Jodan Oizuki (x1)	
Chudan Oizuki (x5)	Chudan Oizuki (x5)		Chudan Maegeri (x2)		Chudan Maegeri (x1)			Chudan Oizuki (x1)	
					Chudan Yoko Kekomi (x1)			Chudan Maegeri (x1)	
					Chudan Ushirogeri (x1)			Chudan Yoko Kekomi (x1)	
								Chudan Ushirogeri (x1)	