

# Adult Rank Requirements

Rank ----->	Yellow	Y1	Y2	Green	G1	G2	Brown	B1	B2	Shodan	Nidan	Sandan	Yondan
<b>Excercises</b>													
Mawashi Tsuki	X	X	X	X	X	All	All	All	All	All	All	All	All
Shomen Tsuki	X	X	X	X	X								
Shomen Geri	X	X	X	X	X								
Sokuto Geri	X	X	X	X	X								
Hiraken Tsuki		X	X	X	X								
Higi Tsuki		X	X	X	X								
Shomen/Ura/Shoken		X	X	X	X								
Shomen Hagiki			X	X	X								
Koi No Shipo Uchi (both)				X	X								
Tenshin Kosokuto Geri													
Tenshin Zensokuto Geri													
<b>Katas</b>													
Sanchin	X	X	X	X	X	X	X	X	X	X	X	X	X
Kanshiwa		X	X										
Kanshu				X	X								
Seichin						X	X						
Seisan								X	X	X			
Seiryui											X		
Kanchin												X	
San Seiryui													X
Kotikote		X											
Kumite 1		X	X	X									
Kumite 2			X	X									
Kumite 3				X									
Kyu Kumite					X	X	X						
Dan Kumite								X	X	X	X	X	X
Kumite					X	X	X	X	X	X	X	X	X
Kanshiwa Bunkai				X	X	X	X						
Seisan Bunkai								X	X	X	X	X	X
Assist Instruction								X	X	X	X	X	X

\*All promotions, including BLACK BELT ranks, require attendance and/or instruction.