

Kyu Progression (Coloured Belts)

BEGINNER Dojo



Chapter 1: Humility  
(10<sup>th</sup> Kyu)



Chapter 2: Introduction  
(9<sup>th</sup> Kyu)



Chapter 3: Development  
(8<sup>th</sup> Kyu)



Chapter 4: Understanding  
(7<sup>th</sup> Kyu)

INTERMEDIATE Provincial Level



Chapter 5: Explanation  
(6<sup>th</sup> Kyu)



Chapter 6: Control  
(5<sup>th</sup> Kyu)



Chapter 7: Appearance  
(4<sup>th</sup> Kyu)

ADVANCED International Level



Chapter 8: Caution  
(3<sup>rd</sup> Kyu)



Chapter 9: Growth  
(2<sup>nd</sup> Kyu)



Chapter 10: Expression  
(1<sup>st</sup> Kyu)

Degree Progression (Black Belts)

INTERNATIONAL Standard



Chapter 11: Shodan  
(1<sup>st</sup> Degree)



Chapter 12: Nidan  
(2<sup>nd</sup> Degree)



Chapter 13: Sandan  
(3<sup>rd</sup> Degree)



Chapter 14: Yondan  
(4<sup>th</sup> Degree)



Chapter 15: Godan  
(5<sup>th</sup> Degree)



Chapter 16: Rokudan  
(6<sup>th</sup> Degree)



Chapter 17: Nanadan  
(7<sup>th</sup> Degree)



Chapter 18: Hanchidan  
(8<sup>th</sup> Degree)



Chapter 19: Kyudan  
(9<sup>th</sup> Degree)



Chapter 20: Judan  
(10<sup>th</sup> Degree)