



BEGINNER (W/Y/O): Dojo Standard/Level – Physically (body)

Educational Equivalency: High School Diploma

Chapter One: White (10th Kyu) Humility – Beginner

Kihon: Naihanchi (zuki)

Kata: Power Kata (Ahone)

Kata: Guard Kata (Shodan)



Chapter Two: Yellow Stripe (9th Kyu) Introduction – Novice/Beginner

Kihon: Junzuki

Kata: Taikyoku Shodan (Treasure Map)

Grading Kata (JKF Wado Kai): Pinan Nidan



Chapter Three: Yellow (8th Kyu) Development – Intermediate/Beginner

Kihon: Gyakuzuki

Grading Kata (JKF Wado Kai): Pinan Shodan

Kobudo: Taikyoku Bo No Kun

Kumite: Kata Kumite Pinan Nidan

Bonus Kata: Choice from White Chapter



Chapter Four: Orange (7th Kyu) Understanding – Advanced/Beginner

Kihon: Junzuki No Tsukkomi

Grading Kata (JKF Wado Kai): Pinan Sandan

Kobudo: Tekki Escrima No Kun

Kumite: Kata Kumite Pinan Shodan

Bonus Kata: Choice from White Chapter

