

**Youth and Teen Requirements
Updated August 2022**

Kata curriculum for current green/brown belts and above is scaled as we started introducing adult curriculum in 2021

Testing To	Kumite/Drills	Kata	Kicks	Additional requirements	Physical Fitness
Gold Belt	Kumite 1 R/L	Kihon Ichidan Kihon Nidan	Power front & side kicks		10 push ups 15 crunches
Orange Belt	Kumite 1,2 R/L	Kihon Ichidan Kihon Nidan Kihon Sandan	Previous requirements + round and back kicks	Forward roll	10 push ups 15 crunches 20 second plank hold
Blue Belt	Kumite 1,2 R/L	Kihon Ichidan Kihon Nidan Kihon Sandan Kihon Yandan	Perfection of previous requirements	Previous + back break fall	15 push ups 20 crunches 20 second plank hold
Blue Green Belt	Kumite 1,2, R/L High Low Drill Sparring <i>Kihon yandan bunkai</i>	Kihon Ichidan Kihon Nidan Kihon Sandan Kihon Yandan Kihon Godan	Previous requirements + spinning back kick	Previous + side break fall	20 push ups 25 crunches 20 second plank hold
6th Kyu Green Belt	Kumite 1-3 R/L High Low Drill Sparring <i>Kihon yandan bunkai</i>	Perfection of all previous katas	Previous requirements + Check round kick	Previous + shoulder roll	25 push ups 30 crunches 30 second plank hold
5th Kyu Green Belt	Kumite 1-3 R/L Swim block punches <i>Kihon yandan bunkai</i> Sparring	All Previous Katas + Naihanchi Shodan	Previous requirements + Double round kick	Perfection of previous techniques	30 push ups 35 crunches 30 second plank hold
4th Kyu Green Brown Belt	Kumite 1-4 R/L Swim block kicks <i>Kihon yandan bunkai</i> Sparring	All Previous Katas + Pinan Shodan	Previous requirements + Hook kick round kick	Side break falls Backward roll	30 push ups 35 crunches 45 second plank hold
3rd Kyu Brown Belt	Perfection of previous kumites and drills	Perfection of all previous katas + naihanchi shoran oyo bunki	Previous requirements + Round kick spinning hook kick	Body awareness for off balancing	35 push ups 40 crunches 45 second plank hold
2nd Kyu Brown Belt	Kumite 1-6 R/L Sparring <i>Naihanchi Shodan Oyo Bunkai</i>	All previous katas + pinan nidan	All previous requirements with perfection on pads	1 basic throw with a coordinating break fall	35 push ups 40 crunches 45 second plank hold

Testing To	Kumite/Drills	Kata	Kicks	Additional requirements	Physical Fitness
1st Kyu Brown Belt	Kumite 1-7 R/L Sparring <i>Pinan Shodan</i> <i>Bunkai</i>	All previous katas + pinan sandal	All previous requirements with perfection on pads	Perfection of previous techniques	40 push ups 45 crunches 60 second plank hold