

TESTING REQUIREMENTS

1ST YELLOW STRIPE

6 TECHNIQUES

KATA UP TO KIHON KATA

2ND YELLOW STRIPE

8 TECHNIQUES

KATA UP TO FUGYU KATA

YELLOW BELT

10 TECHNIQUES

KATA UP TO KIHON DACHI

GREEN STRIPE

12 TECHNIQUES

KATA UP TO TAIKYOKU

GREEN BELT

SHOMEN HISTORY / KARATE POEM / 10 LAWS OF SEIDO

14 TECHNIQUES

9 JUJITSU

KATA UP TO GEKISAI

KUBUDO

BROWN STRIPE

SHOMEN HISTORY / KARATE POEM / 10 LAWS OF SEIDO

16 TECHNIQUES

12 JUJITSU

KATA UP TO KOKORO IDO

KUBUDO

BROWN BELT

SHOMEN HISTORY / KARATE POEM / 10 LAWS OF SEIDO

25 TECHNIQUES

18 JUJITSU

8 BUNKAI

KATA UP TO ODORI TE

KUBUDO – BO AND SAI

BLACK STRIPE

SHOMEN HISTORY / KARATE POEM / 10 LAWS OF SEIDO

30 TECHNIQUES

20 JUJITSU

10 BUNKAI

KATA UP TO SEIUNCHIN

KUBUDO – BO / SAI / NUNCHAKU

2ND BLACK STRIPE

SHOMEN HISTORY / KARATE POEM / 10 LAWS OF SEIDO

35 TECHNIQUES

25 JUJITSU

20 BUNKAI

KATA UP TO KUSANKU SHO

KUBUDO – BO UP TO TOKUMINE NO KUN / SAI / NUNCHAKU