

Kyu Rank Questions

White belt

Style Names

3 Animals

Japanese Counting

Sanchin Terms

Six Body Concepts

from D.Mott (adults)

1st Stripe/Yellow belt

Lineage

Kanshiwa Terms

Grounding a,b,c

Six Body Concepts
(children)

2nd Stripe/Blue belt

Original Chinese
Curriculum

Centering a,b,c,d

Five Principles of
Body- Mechanics

3rd Stripe/Red belt

Flow a,b,c

Names of Kata

Rokkyu/Purple Belt

Power a,b,c,d,e,f

Dan Rank Names

Gokyu/Yonkyu

Precision a,b,c

Speed a,b,c,d,e

Sankyu/Nikyu/Ichikyu

Mind

Shodan

Spirit