

BELT	IPPON	KATA	BELT
Advanced White	Parry block ♦ reverse punch Downward block of center attack ♦ reverse punch	Fukyu Itchi Dai Itch	Advanced White
Yellow	Double Hand Block ♦ backfist strike Inside forearm block ♦ elbow strike Outside middle block ♦ reverse punch	Doryoku	Yellow
Advanced Yellow	Outside middle block ♦ backfist strike Overhead rising block ♦ reverse punch Double pressing block of a punch ♦ backfist strike	Seisan Dai Itch	Advanced Yellow
Blue	Step back 45 ♦ side kick Overhead rising block ♦ elbow ♦ elbow Grabbing block ♦ front kick ♦ elbow	Seisan	Blue
Advanced Blue	X-block ♦ spin under to shoulder lock Jump to the side ♦ roundhouse kick Dodge punch		Advanced Blue
Orange	Catching a front kick ♦ kick X-block ♦ twist arm ♦ knee kick Open-hand block ♦ knife strike	Ananku	Orange
Advanced Orange	Cross back step ♦ Open-hand block ♦ knife strike Double hand sweeping block ♦ punch Arm break of a center punch	Wansu	Advanced Orange
Green	Double pressing block of a kick ♦ backfist strike Catching a punch ♦ rotate wrist to armbar Parry block ♦ ridgehand strike	Fukyu Itchi Fukyu Ni	Green
Advanced Green	Rising back fist block Hooking block ♦ front kick Knifehand block ♦ press ♦ backfist strike	Passai	Advanced Green
Purple	Defense against lapel grab Overhead rising block ♦ shoulder lock ♦ walk down Upward palm heel rising block ♦ front punch	Wanchin	Purple
Advanced Purple	One leg stance open hand block ♦ elbow strike Defense against hair grab	Gojushiho	Advanced Purple