

	Yellow	Orange	Blue	Green	Purple	Brown 1	Brown 2	Brown 3	Black
Time in Rank	16 Classes	16 Classes	16 Classes	24 Classes	24 Classes	32 Classes	64 Classes	64 Classes	64 Classes
Kicks	1-6	1-10	1-11	1-11	All Alone	All Alone	All Alone	All Alone	Instructor Level
Upper Bodies	1-5	1-8	1-11	1-15	All Alone	All Alone	All Alone	All Alone	Instructor Level
Kata	Seisan	Seiunchin	Naihanchi	Wansu	Chinto	Kusanku	Sanchin	Sunsu	All
Sparring Hours	5	10	15	22	32	42	55	70	100
Weapon Forms	-			Bo	Nunchaku		Sai	Sword	All + Kama
Self Defense	-		Chokes	Hand Grabs	Lapel Grabs	Body Grabs	Knife + Gun	Multiple Attackers	Ground Techniques
1 Step Kumite	-		3	5	6	7	8	10	Instructor Level
3 Step Kumite	-		2	3	4	5		10	Instructor Level
Stances	4	7	9	10					Instructor Level
Vocab	1-10	1-20	1-30	1-45	1-65	1-80	1-90	1-100	Instructor Level
Counting	1-10	1-20	1-50	1-60	1-70	1-80	1-90	1-100	Instructor Level
Patch	3 Facts	5 Facts	7 Facts		9 Facts				Instructor Level
History of karate	Basic	Intermediate	Intermediate	Advanced (requires research)		Oral or written report on book of Sensei's choice			Instructor Level
Rank System			Verbal						Verbal
Creed of Karate				Verbal			Written		Verbal
Creed of Isshin-ryu					Verbal				Verbal
Dojo Rules						Verbal			Verbal
Code of Isshin-ryu							Verbal		Verbal
Assistant Teaching					8 Hours	16 Hours	24 Hours	32 Hours	75 Hours