



Handbook
for
Karate Students

Sensei, Eric Rossini
www.massdojo.com
eric.rossini@charter.net
774.239.1346

Table of Contents

Letter from Sensei	2
Introduction to Shotokan Karate and Aiki-Jitsu	3
Dojo Rules	4
Kata-Forms	5
Kata-Forms Tips	6
Kumite-Sparring Rules	7
Kumite-Sparring Tips	9
Terminology	10
General Training Tips	13
Uniforms and Equipment	14
Twenty Guiding Principles of Karate	15
Class Locations	16
Resources	17
Testing Requirements	18



**“The ultimate aim of the art of karate lies not in victory or defeat,
but in the perfection of the characters of its participants.”**

*- Gichin Funakoshi
The Father of Modern Karate*

Welcome

Welcome to Rossini Karate & Aiki-Jitsu! The benefits of karate and aiki-jitsu are many and will empower and enrich your or your child's life in so many ways. Training in the martial arts takes a great deal of dedication, perseverance, and character, but also strengthens these qualities over time. As you progress, you will find that your rewards go well beyond attaining different colored belts. Congratulations on taking the first, and most important, step of your journey!

New Student Handbook: This handbook will serve as a reference tool throughout your training. It contains helpful information such as dojo rules and regulations, terminology, kata, testing requirements, proper belt tying, suggested reading, etc. This information and order forms are available on-line at www.massdojo.com. Please visit the site often for updates.

Clothing & Equipment: Uniforms, t-shirts, jackets, pants, sweatshirts, and hats are available for purchase at any time. Kumite equipment is not required until 6 months of practice but may be purchased at any time.

Questions: Please let me know if you have any questions. I am available to converse evenings by email or telephone. Please try to refrain from asking questions in between classes.

Thank you,

Sensei, Eric Rossini
Rossini Karate & Aiki-Jitsu, LLC
eric.rossini@charter.net
774.239.1346



“The journey of a thousand miles begins with a single step.”

- Lao Tzu

Shotokan Karate & Aiki-Jitsu

Shotokan Karate

Karate can be described as a martial art, or fighting method, involving a variety of techniques, including blocks, strikes, evasions, throws, and joint manipulations. Karate practice is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring).



The word karate is a combination of two Japanese characters: kara, meaning empty, and te, meaning hand; thus, karate means “empty hand.” Adding the suffix “-do” (pronounced “doe”), meaning “way,” i.e., karate-do, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

Gichin Funakoshi is considered the “Father of Modern Karate-do”. Born in 1868 in Okinawa, he began his primary training with two Okinawan instructors: Yasutsune Azato and Yasutsune (‘Anko’) Itosu. It is widely speculated that Funakoshi combined Itosu’s style, Shorin-Ryu (a light, quick style), and Azato’s style, Shorei-Ryu (a hard, heavy system), to create his own system, which would later be called Shotokan.

The word Shotokan Means “House of Shoto”, which was a pseudonym that Funakoshi used when he composed poetry. Shot means “waving pines”, an image derived from his childhood home. Shotokan, therefore, directly translates as “House of the Waving Pines”.

Funakoshi’s primary gift to karate is that it was he who truly campaigned for the development of karate-do, the art of karate. To him, karate was much more than a crude series of street-fighting tactics, it was truly an art, one which refined the student both physically and socially.

**“To win one hundred victories in one hundred battles is not the highest skill.
To subdue the enemy without fighting is the highest skill.”**

- Gichin Funakoshi

Aiki-Jitsu

Aiki-jitsu is a general budosport that encompasses aspects from ju-jitsu, karate, and aikido, including flowing throws, joint locks, pinning holds, close range skills, ground grappling, and control of the opponent’s center of gravity. Aiki-Jitsu is an extremely effective means of self-defense that can transform the practitioner’s life through improved sense of concentration, will power, and physical fitness. Aiki-Jitsu and karate training complement each other well. Training in both will produce a well-rounded martial artist, who is proficient in both long and short range techniques, kicks, punches, strikes, throws, and joint locks, standing or on the ground.

Dojo Rules

For safety and to show respect to your instructor and class, please observe the following rules when in the dojo:

- Always acknowledge the instructor when he enters the dojo.
- Stand at attention or sit upright during class.
- Ask permission to leave the class (for any circumstance).
- Bow before entering or leaving the dojo.
- No talking during instruction and sit if other students are behind you.
- Do not enter class late or leave early without permission of the instructor. (Perform 20 push-ups / 20 sit ups if you are late.)
- Inappropriate conduct, such as the use of profanity, obscene gestures or actions, and unnecessary roughness towards fellow students is prohibited.
- Absolutely no horseplay.
- Shoes are to be left in the front of the dojo with socks inside. Please line them up neatly. Do not obstruct the exit way with any belongings.
- Prior approval is required before bringing a guest to observe or participate in class.
- All students must check in for attendance at the beginning of class. Attendance is (in part) your responsibility.
- Ridicule of other students is prohibited
- Keep jewelry off during class. Nails must be trimmed. Uniforms must be clean.
- Treat any substitute teacher with the same (if not more) respect / courtesy you would sensei.
- Approval for tournaments is given only by sensei.
- Refer to sensei as sensei in and out of class. Assistant instructors should be referred to by their titles.
- Do not practice karate outside of dojo without consulting with sensei first.
- Gross Violation of the rules may result in ejection from class and program. No refunds will be given.

Kata-Forms

Below is a list of the main Shotokan kata you will learn, along with English translations.

Kata Name	Translation
Taikyoku Shodan	First Cause
Taikyoku Nidan	Second Cause
Taikyoku Sandan	Third Cause
Heian Shodan	Peaceful Mind #1
Heian Nidan	Peaceful Mind #2
Heian Sandan	Peaceful Mind #3
Heian Yodan	Peaceful Mind #4
Heian Godan	Peaceful Mind #5
Tekki Shodan	Horse Riding #1
Tekki Nidan	Horse Riding #2
Tekki Sandan	Horse Riding #3
Bassai Dai	To Penetrate a Fortress (Greater)
Bassai Sho	To Penetrate a Fortress (Lesser)
Empi	Flying Swallow
Jion	Buddhist Monk
Gankaku	Crane on a Rock
Kwanku Dai	To Look at the Sky (Greater)
Kwanku Sho	To Look at the Sky (Lesser)
Hangatsu	Half Moon
Chinte	Rare Hands
Gojushio Dai	54 Moves (Greater)
Gojushio Sho	54 Moves (Lesser)
Jutte	Ten Hands
Jin	Compassion
Meikyo	Look through a mirror
Nijushiho	24 Moves
Sochin	Strength and Calm
Unsu	Hands in the Clouds
Wankan	Kings Crown

Kata-Forms Tips

Keep the following tips in mind when you practice kata:

- Practice daily.
- Practice previous katas as much as your current kata.
- Emphasize low, centered stances.
- Maintain a fully retracted high chamber.
- Snap your techniques.
- Movement originates from your center (Hara).
- Keep the ball of your foot in light contact with the floor while moving in any direction (except where leg techniques occur).
- Understand the breathing points.
- Don't rush.
- Gaze in the appropriate direction and height.
- Visualize the practical application (Bunkai) while performing kata.
- Finish with the same intensity that you start with.
- Practice pieces of the kata in line drills.
- Remember that the Heian katas are the foundation for advanced katas.
- Excellent reference books for Kata are "Karate-Do Kyohan" by Gichin Funakoshi and "25 Shotokan Kata" by Shojiro Sugiyama. Both contain detailed descriptions, pictures, diagrams, and bunkai (practical applications).

"Perform kata exactly; actual combat is another matter."

-Gichin Funakoshi

Kumite-Sparring Rules

Hygiene

- 1 Participants must keep their hair clean and cut to a length or pulled back so it does not obstruct vision.
- 2 Participants must have short fingernails and must not wear jewelry or other metallic objects which may injure their training partners.

Equipment

- 3 Mouth guards are mandatory.
- 4 WKF approved mitts are mandatory.
- 5 Soft shin style pads are allowed (no hard plastic).
- 6 Head gear is mandatory for anyone under 12.
- 7 Groin protection is mandatory for male participants. Chest protection is recommended for female participants.
- 8 All sparring equipment is subject to inspection by sensei or other appointed instructors.

*** See Sensei Rossini for equipment orders. Unless equipment has been purchased prior to attending our dojo, it must be ordered through Sensei Rossini. No exceptions. ***

Scoring

- 9 A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - Good form
 - Sporting attitude
 - Proper application
 - Awareness (ZANSHIN)
 - Good timing
 - Correct Distance
- 10 Attacks are limited to the following scoring areas:
 - Head / Face (no contact)
 - Abdomen
 - Chest
 - Back
 - Side

Kumite-Sparring Rules (continued)

Prohibited behavior

- 11
 - a) Techniques, which make excessive contact, having regard to the scoring area attacked.
 - b) Attacks to the arms or legs, groin, joints, or instep.
 - c) Dangerous or forbidden throwing techniques.
 - d) Feigning, or exaggerating injury.
 - e) Repeated exits from sparring area (JOGAI).
 - f) Self endangerment by indulging in behavior, which exposes the participant to injury by the opponent, or failing to take adequate measures for self-protections (MUBOBI).
 - g) Clinching, wrestling, pushing, or seizing.
 - h) Techniques, which by their nature, cannot be controlled for the safety of the other participant.
 - i) Attacks with the head, knees or elbows.
 - j) Talking to, or goading the other participant, failing to obey the orders of the referee (instructor), discourteous behavior or other breeches of etiquette.

Other Rules

- 12
 - a) Free Sparring (KUMITE) is not allowed until at least 6 months of training. More importantly, participants in kumite must exhibit an understanding and control in daily practice before entering any sparring match. Only Sensei Rossini may give approval.
 - b) New participants may only use punches as a means of attack for a minimum of the first two months.
 - c) There is strict adherence to Hajime (Start) and Yame (Stop).
 - d) Upon injuring another participant you must sit (in Seiza) facing the opposite direction until instruction is given to stand. **No exceptions.**
 - e) Participants are to consider their opponent's skill level when sparring.
 - f) A copy of the WKF rules is available from Sensei Rossini from which the Rossini Karate Aiki-Jitsu Dojo derives the rules of participation in Kumite.
 - g) Parents, guardians and or spectators (when allowed) may use vocal positive encouragement and/or applause. Excessive encouragement or negatively construed comments are strictly forbidden. Such behavior may result in the end of a sparring engagement.
 - h) Any Adult or Child who knowingly enters a sparring match without the proper equipment will lose sparring privileges for a minimum of two weeks and subsequent penalization.

Kumite-Sparring Tips

Remember the following points when engaging in kumite. An excellent choice for further reading on kumite is “Kumite Shotokan Karate” by Joachim Grupp.

- Use movement effectively. No wasted movement. No standing still.
- Lateral movement before attacking & before defending.
- Remember your ABC's - Attack By Combination.
- Use punches as first and last resort.
- Never kick without setting up with hand technique. Never kick while backing up!
- For fast forward movement, move on the balls of your feet. Remember “heel to toe is slow.”
- The front foot controls distance, while the back foot creates space.
- Go forward on defend attack. Never stay in same spot while defending.
- Attack the attack.
- Keep hands closed at all times.
- Never ever drop your hands below chest level.
- Always fake when not performing any specific attack. Keeps opponent on defense.
- Control center of ring by applying pressure with movement.
- Never stand with feet too far apart.
- Point both hands at target like scope.
- Remember monkey see monkey do concept to draw techniques from opponent.
- Make them respect your reverse punch power.
- Small lateral movements on attack / Big lateral movements on defense.
- Do not lean back on kicks.
- Use kiai to regain composure and control of match.
- When power sweeping do not telegraph with upper body. Always follow through with hips.
- Use pulling sweeps on close encounters.
- Never turn your back. If turned spin with technique and exit laterally.
- Draw the defense oriented opponent forward with aggressive fakes.
- Never show your best techniques in earlier matches.
- Don't be afraid to grab when in real close. Use push off techniques.
- Flow with round house kicks on defense.
- Use head kicks early in match to set them in opponents mind. Creates caution minded defender.
- Use stomp or sweep to draw eye movement down to attack high.
- Study opponents in earlier matches.

Terminology

General

Budo	The way of the Warrior
Bunkai	Practical Application
Dan	Black Belt Grade Level
Dojo	Place of Practice
Gi	Karate Uniform
Karate	Empty hand
Karate-ka	Karate Student
Karate-do	The Way of the Empty Hand
Kata	Forms
Keagi	Snap
Kekomi	Thrust
Ki	Inner Energy
Kiai	Concentrated Shout
Kime	Focus
Kihon	Basics
Kyotsuke	Attention
Kumite	Sparring
Kyu	Rank Below Black Belt
Makiwara	Punching Board
Obi	Belt
Ryu	School
Sempai	Senior Student
Sensei	Teacher
Shidoin	Instructor
Sun Dome	Bringing an attack to a halt before making contact
Tokui Kata	Favorite Kata
Tori	Attacker
Waza	Technique

Colors

Aka	Red
Ao	Blue
Ki Iro	Yellow
Kuro	Black
Midori	Green
Murasaki	Purple
Orenji	Orange
Shiro	White

Directions

Hidari	Left
Mae	Front
Migi	Right
Naname	Diagonally
Sayu	Left & Right
Shomen	Front
Ushiro	Back

Body Levels

Chudan	Mid Section
Gedan	Lower Body
Jodan	Upper Body

Social

Arigato	Thank you
Gozaimas	
Domo Arigato	Thank you very much
Gozaimas	
Gommenasai	I'm sorry
Onegaishimasu	Please

Terminology (continued)

Classroom

Hai	Yes
Hajime	Start
Mawatte	Turn Around
Mokuso	Meditate
Mokuso Yame	Stop Meditating
Naore	Return to Start
Rei	Bow
Shomen Ni Rei	Bow to the Front
Sensei Ni Rei	Bow to Sensei
Otagai Ni Rei	Bow to Each Other
Seiza	Kneeling Position
Yame	Stop
Yasume	Rest, at Ease
Yoi	Ready

Sparring

Aiuchi	Simultaneous Scoring Techniques
Atenai Yoni	Warning
Go No Sen	Taking Initiative to Counter
Ippon	One Point
Jogai	Outside Match Area
Jiyu Kumite	Free Sparring
Ma-ai	Distance Between Opponents
Nihon	Two Points
No Kachi	Winner
Sabaki	Body Shifting
Sanbon	Three Points
Sen No Sen	Initiative in Attack
Shiai	Competition
Torimasen	Unacceptable Scoring Technique
Tsuzukete	Carry on
Waza-ari	Half Point

Counting

1 Ichi
2 Ni
3 San
4 Shi
5 Go
6 Roku
7 Sichi
8 Hachi
9 Kyu
10 Ju
11 Ju Ichi
12 Ju Ni
13 Ju San
14 Ju Shi
15 Ju Go
16 Ju Roku
17 Ju Sichi
18 Ju Hachi
19 Ju Kyu
20 Ni Ju
21 Ni Ju Ichi
22 Ni Ju Ni
23 Ni Ju San
24 Ni Ju Shi
25 Ni Ju Go
26 Ni Ju Roku
27 Ni Ju Sichi
28 Ni Ju Hachi
29 Ni Ju Kyu
30 San Ju
40 Yon Ju
50 Go Ju
60 Roku Ju
70 Sichi Ju/Nana Ju
80 Hachi Ju
90 Kyu Ju
100 Hyaku

Terminology (continued)

Stances - Tachikata

Fudo Dachì	Diagonal Straddle Stance
Heiko Dachì	Parallel Leg Stance
Kiba Dachì	Horse Stance
Ko Kutsu Dachì	Back Stance
Kosa Dachì	Cross Leg Stance
Musubi Dachì	Informal Attention Stance
Nekko Ashi Dachì	Cat Stance
Shiko Dachì	Square Stance
Zen Kutsu Dachì	Front Stance

Blocks - Uke Waza

Jodan Age Uke	Rising Block
Gedan Barai	Down Block
Juji Uke	X Block
Morote Uke	Augmented Forearm Block
Shuto Uke	Swordhand Block
Soto Ude Uke	Inward Forearm Block
Uchi Ude Uke	Outward Forearm Block

Striking Techniques - Uchi Waza

Empi Uchi	Elbow Strike
Gyaku Zuki	Reverse Punch
Haito Uchi	Ridgehand Strike
Oi Zuki	Lunge Punch
Shuto Uchi	Swordhand Strike
Taisho Uchi	Palm Heel Strike
Tettsui	Hammer Fist
Uraken Uchi	Backfist Strike

Kicking Techniques - Geri Waza

Mae Geri	Front Kick	Tobi Geri	Jumping Kick
Mawashi Geri	Roundhouse Kick	Yoko Geri	Side Kick
Mikazuki Geri	Crescent Kick	Ushiro Geri	Back Kick

General Training Tips

Karate training will help you achieve your fitness goals, and will probably inspire you to create new ones! Your performance in karate will also benefit from some extracurricular activities, such as the ones outlined below. You may want to consider these general ideas when planning your exercise schedule.

- Perform some type of aerobic activity several times a week, whether running, stairclimber, etc. Alternate sprinting and endurance workouts.
- Plyometric workouts will improve your speed and explosiveness.
- Weight training is also beneficial.
- As you gain strength, your muscles will become tighter, so you do need to stretch every day. Yoga is a very complimentary practice.
- Practice kata every day.
- Keep yourself hydrated by drinking plenty of water.
- To improve kicking proficiency, practice 10-50 slow reps of each kick on each leg daily.
- Strengthen your legs with stances. Do Kibadachi regularly, starting with two minutes, gradually increasing the hold time. By the time you test for your green belt, you should be ready to stand in Kibadachi for 30 minutes.
- Cross train. Just as karate improves your performance in other sports, other sports help you in karate.

Uniforms & Equipment

Gi (Uniforms)

Gi are required after the first session. If you wish to wear a uniform from another dojo, it must be a traditional, white Gi, with no school patches or insignias, and must be approved by sensei. If you do not have a uniform yet, please purchase it through sensei to ensure the highest quality.

Basic uniforms are \$30 for children and \$35 for adults & teens. Higher grade uniforms from Adidas and Kamikaze are also available. You may want to consider a nicer uniform as a birthday/holiday gift. Please contact sensei for descriptions and to answer any questions.

Belt Tying

Fold your belt in half, and hold it out in front of you. Place the middle of your belt against your naval. Smooth the right and left sides around your middle towards your back. Allow the left end to slip under the right side at your middle back, and smooth it towards the front keeping it *underneath* the rest of the belt. Also bring the opposite loose end back around towards the front (*over* the rest of the belt). When both sides are wrapped around you, press them together back at the front to form three layers of belt. Holding the three pieces together, wrap the top layer downward, up underneath the layers, and straight up out of the top. Holding the bottom loose end with one hand, and the top loose end with one hand, tie them in a tight knot. The two layers of belt around your back should be evenly and neatly stacked.

Sparring Equipment

Item	Cost	Color	Size
Adidas Mitt	\$30	Blue/Red	XS-XL
Mouth Pieces	\$2	Clear	S and L
Shin Guards			
Adidas Shin Guard & Instep	\$42	Blue/Red	XS-XL
Adidas Shin Guard & Instep	\$35	White	XS-XL
Foam Head Gear	\$30	Red/Black/White	S-XL
Chest Guard for women	\$45	White	XXS 32A - XL 36D
Includes Guard and Sports Bra (that holds guard in place)			

Prices subject to change. See www.massdojo.com for pictures of equipment and to download order form. Please allow 2-4 weeks for delivery. Make checks payable to Rossini Karate Aiki-Jitsu LLC. Contact Sensei at eric.rossini@charter.net or 774.239.1346 with questions.

Twenty Guiding Principles of Karate

The following principles are taken from Gichin Funakoshi's "The Twenty Guiding Principles of Karate - The Spiritual Legacy of the Master". In the book, each of the principles are discussed in greater detail, emphasizing the broader application of these axioms; to polish ourselves as well as our art.

- 1) Do not forget that karate-do begins and ends with rei (respect).
- 2) There is no first strike in karate.
- 3) Karate stands on the side of justice.
- 4) First know yourself, then know others.
- 5) Mentality over technique.
- 6) The mind must be set free.
- 7) Calamity springs from carelessness.
- 8) Karate goes beyond the dojo.
- 9) Karate is a lifelong pursuit.
- 10) Apply the way of karate to all things. Therein lies its beauty.
- 11) Karate is like boiling water: without heat, it returns to its tepid state.
- 12) Do not think of winning. Think, rather, of not losing.
- 13) Make adjustments according to your opponent.
- 14) The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength).
- 15) Think of the opponent's hands and feet as swords.
- 16) When you step beyond your own gate, you face a million enemies.
- 17) Kamae (ready stance) is for beginners; later, one stands in shizentai (natural stance).
- 18) Perform kata exactly; actual combat is another matter.
- 19) Do not forget the employment and withdrawal of power, the extension and contraction of the body, the swift or leisurely application of technique.
- 20) Be constantly mindful, diligent, and resourceful in your pursuit of the Way.

School Locations

The Hombu Dojo, or school headquarters, is the Boroughs Martial Arts and Fitness Center. Classes are also offered at One Stop Fun in Westford and the YMCA in Westborough. Many families train together at all locations. Please check www.massdojo.com for class schedules and special events.

Boroughs Martial Arts and Fitness Center

57 East Main Street
Westborough, MA 01581
774.239.1246
www.massdojo.com

- Karate Classes for Tiny Pines (Ages 3-4), Mini Tigers (Ages 5-7), Young Dragons (Ages 8-12), and Mighty Warriors (Ages 13+)
- Aikido and Aiki-Jitsu for teens and adults
- Yoga and Pilates
- “Friday Night Fight Night” - a fun evening of open sparring matches. Last Friday of each month. Free for Boroughs Martial Arts and Fitness Center members. All others are welcome for a \$10 mat fee.

Boroughs YMCA

4 Valente Drive
Westborough, MA 01581
508.870.1320
www.ymcaworcester.org

- Karate Classes for Mini Tigers (Ages 5-7), Young Dragons (Ages 8-12), and Mighty Warriors (Ages 13+)
- Summer karate camps

One Stop Fun

49 Powers Road
Westford, MA 01886
978.692.9907
www.onestopfun.com

- Karate Classes for Mini Tigers (Ages 4-7), Young Dragons (Ages 7-12), and Mighty Warriors (Ages 13+)
- Summer karate camps
- Yoga and Adult Fitness Classes
- Gymnastics, Dance, Birthday Parties, Indoor Playground, Outdoor Pool, and more!

Resources

Books

Karate Do Kyohan	Gichin Funakoshi
The Twenty Guiding Principals of Karate	Gichin Funakoshi
Karate Do - My Way of Life	Gichin Funakoshi
Kumite Shotokan Karate	Joachim Grupp
Shotokan Karate Kihon-Kumite-Kata	Joachim Grupp
Karate: A Step-by-Step Guide to Shotokan Karate	Kevin Healy
Zen in the Martial Arts	Joe Hyams
Best Karate Series (Volumes 1-11)	Masatoshi Nakayama
25 Shotokon Kata	Shojiro Sugiyama

Websites

World Karate Federation	www.wkf.net
USA National Karate Do Federation	www.usankf.org
Shotokan Karate Do Federation of New England	www.shokarate.org
The Aikido FAQ	www.aikidofaq.com
Pennsylvania Shotokan Karate Club	www.pskc.biz
Judo Techniques	http://judoinfo.com/ techjudo.htm



Testing Requirements

Testing usually occurs at the end of each session. Sensei distributes test sheets one to two weeks before the test to students ready to test for their next belt. The below table is a guide to what is expected of each rank regarding kata and board breaks (requirements are subject to change per sensei's discretion). Children under 16 do not break boards. Tests are usually 2 or more hours long, and are physically demanding. Plan to come well rested, hydrated, and have eaten 2-3 hours before the test. Arrive at least 15 minutes early to give yourself time to stretch. Parents and students, this is a test, not a graduation. Promotion to the next belt will occur for students who demonstrate good focus, proper attitude, improvement since the previous test, and proficiency in techniques and kata. You may use the following table to track your own progress through the ranks!

Kyu	Belt	Kata	Board Breaks	Test Date
12	Orange	Taikyoku Shodan	Hammer Fist Vertical	
11	Orange Stripe	Heian Shodan	Reverse Punch Front Kick	
10	Yellow	Heian Nidan	Jab Punch Round House Kick	
9	Yellow Stripe	Heian Sandan	Horizontal Shuto Side Kick	
8	Blue	Heian Yodan	Hammer Fist Horizontal Crescent Kick	
7	Blue Stripe	Heian Godan	Elbow Strike Immediate Front Kick	
6	Green	Tekki Shodan	Ridgehand Strike Roundhouse Kick	
5	Green Stripe	Bassai Dai	Double Reverse Punch Immediate Side Thrust	
4	Purple	Tekki Nidan	Shuto Strike Vertical Side/Roundhouse Combo	
3	Purple Stripe	Jion	Short Punch Crescent/Other Kick Combo	
2	Brown	Empi	Punch in Seiza Jump kick	
1	Brown Stripe	Gankaku	2 boards together 1 kick/1 strike	
Shodan	Black	Kwanku Dai	3 boards together 1 kick/1 strike	

