

East Coast Karate – Adult/Teen Curriculum

✓	Belt Rank	Kata	Self Defense
	Purple Belt	Kihon Ippon, Nihon, Sanbon	None
	Yellow Belt	Fukyu Dai Ichi, No Kata	Kihon Yakusoku
	Orange Belt	Naihanchi Shodan	Fukyu Yakusoku
	Blue Belt	Naihanchi Nidan	Yakusoku Dai San
	Green Belt	Naihanchi Sandan	Yakusoku Dai Ni
	Green/White Belt	Pinan Shodan	Yakusoku Dai Yon
	Green/Black Belt	Pinan Nidan, Sandan	Yakusoku Dai Ichi
	Brown Belt	Pinan Yondan, Godan	½ Yakusoku Dai Go
	Brown/White Belt	Passai Sho	Yakusoku Dai Go
	Brown/Black Belt	Kusanku Sho	½ Yakusoku Dai Roku
	1 st Degree Black Belt	Passai Dai, Chinto	Yakusoku Dai Roku
	2 nd Degree Black Belt	Kusanku Dai, Gojushiho	Yakusoku Dai Nana
	3 rd Degree Black Belt	Gorin	All
	4 th Degree Black Belt	All Kata with Bunkai + 1 Research Kata	All Yakusoku with Advanced Timing
	5 th Degree Black Belt	All Kata with Advanced Bunkai + 1 Research Kata	All Yakusoku with Advanced Timing

✓	Teen Jr. Black Belt Transition Curriculum		
	Jr. Black / White Belt	All Kihon(3), Fukyu(2), Naihanchi Shodan	Kihon, Fukyu Yakusoku
	Jr. Black / Purple Belt	Naihanchi Nidan	Yakusoku Dai San
	Jr. Black / Yellow Belt	Naihanchi Sandan, Pinan Shodan	Yakusoku Dai Ni
	Jr. Black / Orange Belt	Pinan Nidan, Sandan	Yakusoku Dai Yon
	Jr. Black / Blue Belt	Pinan Yondan, Godan	Yakusoku Dai Ichi
	Jr. Black / Green Belt	Passai Sho	Yakusoku Dai Go
	Jr. Black / Brown Belt	Kusanku Sho	½ Yakusoku Dai Roku