

Kata Requirements For Belt Levels

The timeframes indicated are based on average learning times and having a minimum of 80% attendance. Adults are considered to be 16 years old and older. Juniors are considered to be 15 years old and younger.

WHITE BELT (6TH KYU)	KIHON KATA NUMBER 1 KIHON KATA NUMBER 2 KIHON KATA NUMBER 3 KIHON KATA NUMBER 4	WHITE TO YELLOW 3 - 4 MONTHS (ADULTS) 3 - 4 MONTHS (JUNIORS)
YELLOW BELT (5TH KYU)	KIHON KATA NUMBER 5 KIHON KATA NUMBER 6 KIHON KATA NUMBER 7 KIHON KATA NUMBER 8 PINAN NIDAN	YELLOW TO ORANGE 3 - 4 MONTHS (ADULTS) 5 - 6 MONTHS (JUNIORS)
ORANGE BELT (4TH KYU)	KIHON KATA NUMBER 9 KIHON KATA NUMBER 10 KIHON KATA NUMBER 11 KIHON KATA NUMBER 12 PINAN SHODAN	ORANGE TO GREEN 3 - 4 MONTHS (ADULTS) 6 - 7 MONTHS (JUNIORS)
GREEN BELT (3RD KYU)	KIHON KATA NUMBER 13 KIHON KATA NUMBER 14 KIHON KATA NUMBER 15 KIHON KATA NUMBER 16 PINAN SANDAN	GREEN TO BLUE 7 - 8 MONTHS (ADULTS) 7 - 8 MONTHS (JUNIORS)
BLUE BELT (2ND KYU)	KIHON KATA NUMBER 17 KIHON KATA NUMBER 18 KIHON KATA NUMBER 19 KIHON KATA NUMBER 20 PINAN YODAN	BLUE TO BROWN 7 - 8 MONTHS (ADULTS) 8 - 10 MONTHS (JUNIORS)
BROWN BELT (1ST KYU)	PINAN GODAN NAIFUNCHI SHODAN NAIFUNCHI NIDAN NAIFUNCHI SANDAN	BROWN TO SHODAN-HO 8 - 12 MONTHS (ADULTS) 12 - 18 MONTHS (JUNIORS, 10 YEARS OLD MINIMUM)

Kata Requirements For Belt Levels (cont'd)

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JUNIOR SHODAN-HO BELT	JIHON WANSHU 40 HOURS OF INSTRUCTION	JUNIOR SHODAN-HO TO RED 18 TO 24 MONTHS (12 YEARS OLD MINIMUM)
SHODAN-HO BELT	JIHON WANSHU 40 HOURS OF INSTRUCTION	SHODAN-HO TO BLACK 8 TO 12 MONTHS
JUNIOR SHODAN - RED BELT	JIHON WANSHU INTRO TO BAI SAI DAI INTRO TO KUSHANKU 40 HOURS OF INSTRUCTION	JUNIOR SHODAN TO BLACK (16 YEARS OLD MINIMUM)
SHODAN BELT (1ST DAN)	BAI SAI DAI KUSHANKU 80 HOURS OF INSTRUCTION	SHODAN TO NIDAN 2 TO 3 YEARS
NIDAN BELT (2ND DAN)	JIIN JITTE 120 HOURS OF INSTRUCTION	NIDAN TO SANDAN 3 TO 5 YEARS
SANDAN BELT (3RD DAN)	A MINIMUM OF 160 HOURS OF INSTRUCTION	SANDAN TO YODAN 4 TO 7 YEARS
YODAN BELT (4TH DAN)	A MINIMUM OF 200 HOURS OF INSTRUCTION	YODAN TO GODAN 5 TO 9 YEARS