

### Belt Grades

White (beginner)

Red (9th kyu)

Yellow (8th kyu)

Orange (7th kyu)

Green (6th kyu)

Blue (5th kyu)

Purple (4th kyu)

Brown with white stripe (3rd kyu)

Brown (2nd kyu)

Brown with black stripe (1st kyu)

Black (probationary) Sodan-Ho

Black 1st Dan Shodan

Black 2nd Dan Nidan

Black 3rd Dan Sandan

For junior belts (up to and including purple) 2 belts per colour are awarded to children.

Black belts can range up to 11th Dan (rare).

### Five Attack Strikes

Punch

Thrust

Ridge hand strike

Back fist strike

Elbow strike

### Five Defence Blocks

Up block

Down block

Scooping block

Chopping block

Crossing block

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