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## Basics - Advanced

Brown - 3 <sup>rd</sup> Kyu	Brown - 2 <sup>nd</sup> Kyu	Brown - 1 <sup>st</sup> Kyu
Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì  Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke  Punches Seiken Gyaku Zuki Uraken Nukite Haito  Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri  One Step Sparring  Sparring  Weapons Kata  Bunkai  Kata	Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì  Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke  Punches Seiken Gyaku Zuki Uraken Nukite Haito  Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri  One Step Sparring  Sparring  Weapons Kata  Bunkai  Kata	Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì  Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke  Punches Seiken Gyaku Zuki Uraken Nukite Haito  Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri  One Step Sparring  Sparring  Weapons Kata  Bunkai  Kata