

	Black Stripe	Yellow	Orange	Red	Green	Blue	Purple	Brown	Sho dan
TSUKI/UCHI									
Jun zuki chudan/jodan	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nukite		✓	✓	✓	✓	✓	✓	✓	✓
Gyaku zuki		✓	✓	✓	✓	✓	✓	✓	✓
Jun zuki no tsukkomi			✓	✓	✓	✓	✓	✓	✓
Gyaku zuki no tsukkomi/nukite			✓	✓	✓	✓	✓	✓	✓
Tettsui			✓	✓	✓	✓	✓	✓	✓
Kizami zuki			✓	✓	✓	✓	✓	✓	✓
Uraken/ura uchi				✓	✓	✓	✓	✓	✓
Tobi komi zuki				✓	✓	✓	✓	✓	✓
Tobi komi nagashizuki				✓	✓	✓	✓	✓	✓
Enpi uchi				✓	✓	✓	✓	✓	✓
	Black Stripe	Yellow	Orange	Red	Green	Blue	Purple	Brown	Sho dan
UKE									
Age (jodan) uke	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gedan barai	✓	✓	✓	✓	✓	✓	✓	✓	✓
Otoshi uke	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shuto uke		✓	✓	✓	✓	✓	✓	✓	✓
Chudan uke		✓	✓	✓	✓	✓	✓	✓	✓
Haishu uke					✓	✓	✓	✓	✓
Juji uke						✓	✓	✓	✓