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| **From** | **To** | **Mandatory Kata** | **Alabama Additional** | **Alabama Minimum** |
| **Directed by Sensei** | **Requirement** | **Time Requirement** |
| White | Gold | 1-14 Ippon Katas,  |   | 32 Hours /  |
| First, Second Basic | 2 Months  |
| Gold | Orange | Pinan Nidan | Third Basic | 80 Hours /  |
| 5 Months  |
| Orange | Blue | Pinan Shodan |   | 128 Hours /  |
| 8 Months  |
| Blue | Purple | Pinan Sandan | Omoto Kata | 208 Hours /  |
| 13 Months  |
| Purple | Green | Pinan Yondan | Kiso Kumite | 288 Hours /  |
| 18 Months  |
| Green | Third Brown | Pinan Godan | 1-10 Kihon Kumite | 384 Hours /  |
| 24 Months  |
| Third Brown | Second Brown | Nai Han Shi |   | 448 Hours /  |
| 28 Months  |
| Second Brown | First Brown |   |  1-6 Teisu-No-Waza | 528 Hours /  |
| 33 Months  |
| First Brown | Shodan | Ku Shan Ku |   | 672 Hours /  |
| 42 Months |
| Shodan | Nidan | Seishan & Chinto  |   | Sensei's Option |
| Nidan | Sandan | (Perfection of Above) |   | Sensei's Option |
| Sandan | Yondan | (Perfection of Above) |   | USEWF Requirements |
| Yondan  | Godan | (Perfection of Above) |   | USEWF Requirements |
| Godan | Rokudan | (Perfection of Above) |   | USEWF Requirements |