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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 |