

Enfants

| Ceinture | Positions | Techniques | Déplacements | Kata | Kumite |
|-------------------------|--------------------|----------------|---------------|-----------------|---------------|
| Blanche et jaune | | | | | |
| | Hachi ji dachi | Gedan barai | Ayumi ashi | Taikyoku shodan | Gohon kumite |
| | Heisoku dachi | Jodan age uke | Hiki ashi | | |
| | Musubi dachi | Oi zuki | | | |
| | Zenkutsu dachi | Gyaku zuki | | | |
| | | Mae geri | | | |
| | | Uchi uke | | | |
| | | Soto uke | | | |
| | | Uraken | | | |
| | | Mawashi geri | | | |
| Jaune | | | | | |
| | Ko kutsu | Shuto uke | Tsugi ashi | Taikyoku nidan | Sanbon kumite |
| | | Maete zuki | | | |
| Jaune et orange | | | | | |
| | Kiba dachi | Shuto uchi | | Taikyoku sandan | Ippon kumite |
| | Renji dachi | Tetsui uchi | | | |
| | Heiko dachi | | | | |
| Orange | | | | | |
| | Fudo dachi | Yoko geri | Yori ashi | Heian shodan | Ippon kumite |
| | Uchi hachiji dachi | Nukite | | | |
| Orange et verte | | | | | |
| | Shiko dachi | Mikazuki geri | | Heian nidan | |
| | | Fumikomi | | | |
| Verte | | | | | |
| | Neko ashi dachi | Haishu uke | Mawari ashi | Heian sandan | Ippon kumite |
| | | Teisho uke | | | |
| | | Juji uke | | | |
| | | Ushiro geri | | | |
| Verte et bleue | | | | | |
| | Kosa dachi | Ura zuki | Okuri ashi | Heian yodan | Ippon kumite |
| | Moto dachi | Kagi zuki | | | |
| | | Empi uchi | | | |
| Bleue | | | | | |
| | | Ushiro mawashi | O mawari ashi | Heian godan | Ippon kumite |
| | | Ura mawashi | | | |
| | | Ashi barai | | | |
| Bleue et marron | | | | | |
| | Sanchin dachi | Haito uchi | | Tekki shodan | Ippon kumite |
| | Hangetsu dachi | Teisho uchi | | | |
| | | Gyaku mikazuki | | | |
| | | Geri | | | |
| | | Hiza geri | | | |
| | | Yama zuki | | | |
| Marron | | | | | |
| | Tsuru ashi | Morote zuki | Tous | Tokui kata | Ippon kumite |
| | | Kakato geri | | Kata imposé | |
| | | Morote uke | | | |
| | | Sukui uke | | | |

Adultes

| Ceinture | Positions | Techniques | Déplacements | Kata | Kumite |
|---------------|--------------------|----------------|---------------|--------------|--------------|
| Jaune | | | | | |
| | Hachi ji dachi | Gedan barai | Ayumi ashi | Heian shodan | Ippon kumite |
| | Heisoku dachi | Jodan age uke | Hiki ashi | | |
| | Musubi dachi | Oi zuki | Tsugi ashi | | |
| | Zenkutsu dachi | Gyaku zuki | | | |
| | Ko kutsu | Mae geri | | | |
| | | Uchi uke | | | |
| | | Soto uke | | | |
| | | Uraken | | | |
| | | Mawashi geri | | | |
| | | Shuto uke | | | |
| | | Maete zuki | | | |
| Orange | | | | | |
| | Kiba dachi | Shuto uchi | Yori ashi | Heian nidan | Ippon kumite |
| | Renoji dachi | Tetsui uchi | | | |
| | Heiko dachi | Yoko geri | | | |
| | Fudo dachi | Nukite | | | |
| | Uchi hachiji dachi | Mikazuki geri | | | |
| | Shiko dachi | Fumikomi | | | |
| Verte | | | | | |
| | Neko ashi dachi | Haishu uke | Mawari ashi | Heian sandan | Ippon kumite |
| | | Teisho uke | | | |
| | | Juji uke | | | |
| | | Ushiro geri | | | |
| | | | | | |
| | Kosa dachi | Ura zuki | Okuri ashi | | |
| | Moto dachi | Kagi zuki | | | |
| | | Empi uchi | | | |
| Bleue | | | | | |
| | Sanchin dachi | Ushiro mawashi | O mawari ashi | Heian yodan | Ippon kumite |
| | Hangetsu dachi | Ura mawashi | | | |
| | | Ashi barai | | | |
| | | Haito uchi | | | |
| | | Teisho uchi | | | |
| | | Gyaku mikazuki | | | |
| | | Geri | | | |
| | | Hiza geri | | | |
| | | Yama zuki | | | |
| Marron | | | | | |
| | Tsuru ashi | Morote zuki | Tous | Heian godan | Ippon kumite |
| | | Kakato geri | | Tekki shodan | |
| | | Morote uke | | | |
| | | Sukui uke | | | |