

Kyokushin Belt Progression and Gradings
(For Karate Kids, Teenagers and Adults)

Innocence & Purity	
	White No Kyu
ORANGE - Stability	
	Orange 10 th Kyu
	Orange Senior 9 th Kyu
BLUE – Fluidity & Adaptability	
	Blue 8 th Kyu
	Blue Senior 7 th Kyu
YELLOW - Assertion	
	Yellow 6 th Kyu
	Yellow Senior 5 th Kyu
GREEN – Emotion & Sensitivity	
	Green 4 th Kyu
	Green Senior 3 rd Kyu
BROWN – Practical & Creative	
	Brown 2 nd Kyu
	Brown Senior 1 st Kyu
BLACK – Achievement & Understanding "The Beginning " of a new journey!	
	Black Belt Shodan

What is a black belt? A white belt that never gave up! ☺



TRIFU DOJO
Wollondilly

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Kyokushin White Belt Guide

Albert A Gayle

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Kyokushin White Belt Guide:

Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Kyokushin White Belt Guide** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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