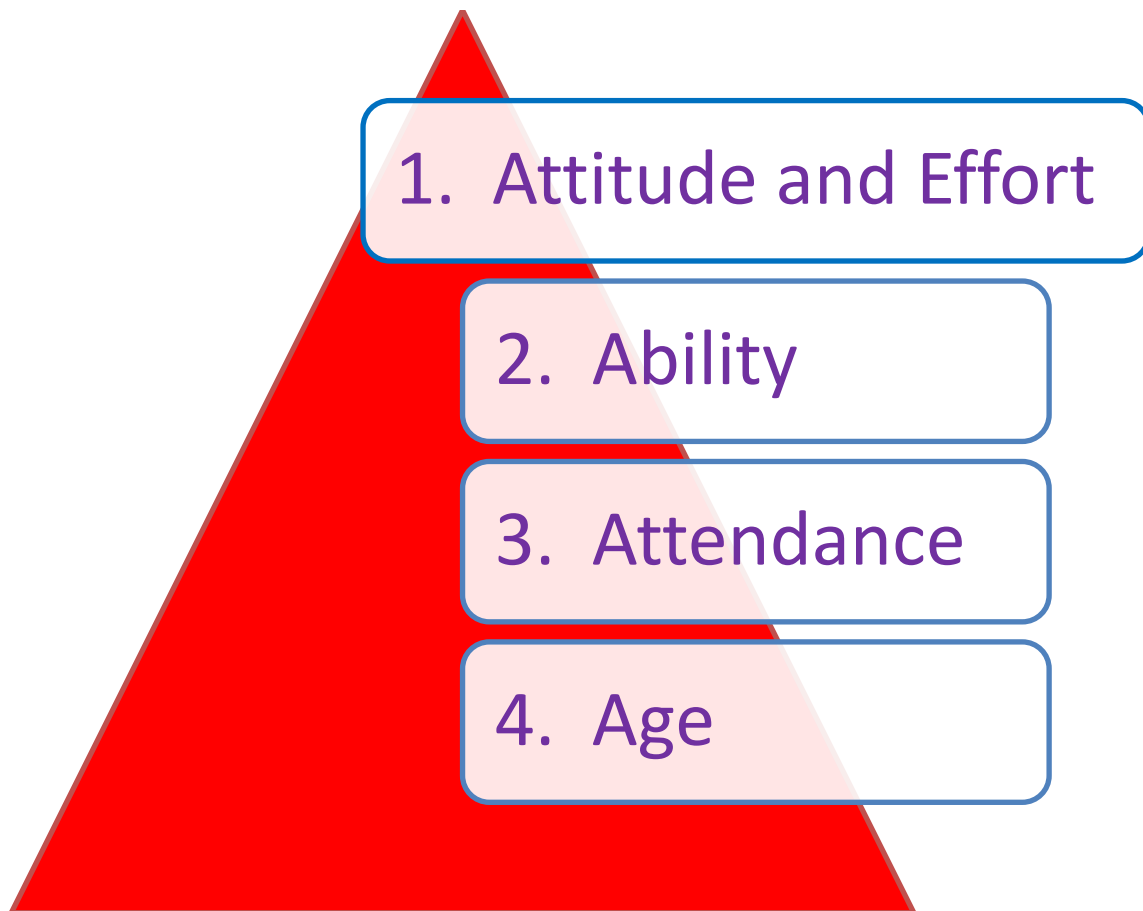


The 4 A's of Grading



Nage-no-Kata:

- orange belts – 1 set
- green belts – 2 sets
- blue and brown – 3 sets
- shodan and higher – 5 sets