

Adult S.M.A.R.T.

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| 1 Block = Yellow Belt | 5 Blocks = Green Belt | 9 Blocks = Purple | 16 Blocks = 2nd Dan | 6 Add Years = 6th Dan |
| 2 Blocks = Adv Yellow | 6 Blocks = Adv Green | 10 Blocks = Adv Purple | 3 Add Years = 3rd Dan | 7 Add Years = 7th Dan |
| 3 Blocks = Orange Belt | 7 Blocks = Blue Belt | 11 Blocks = Brown | 4 Add Years = 4th Dan | 8 Add Years = 8th Dan |
| 4 Blocks = Adv Orange | 8 Blocks = Adv Blue | 12 Blocks = 1st Dan | 5 Add Years = 5th Dan | System Soke 9th & 10th Dan |

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| Year Season | 2011 Summer | Kata = Taikyoku Go Dan Stick vs Empty Defense 1 - 11 | C/G = Step Kick | T/D = Head - Head Fulcrum & Neck Pivot |
| Year Season | 2011 Fall | Kata = Pinan Go Dan Rear Hugs & Holds Pinching Hug Rolling Bear Sitting Break | C/G = Leaping | T/D = Ankle - Rolling Index & Reclining Figure 4 Crashing Elbows Sitting Elbows Crushing Knees |
| Year Season | 2012 Winter | Kata = Pinan Sho Dan Guns Falling Gun Captured Gun Goosing Gun | C/G = Shuffle Kick | T/D = Knee - Knee Push & Knee Bar Throwing Gun Blossoming Gun Opening Gun |
| Year Season | 2012 Spring | Kata = Pinan San Dan Round Kicks Defeated Hook Circling Leg Deflecting Axe | C/G = Rear Cross Over | T/D = Hip - High Scissors & Diving Rear Leg Lifting Axe Striking Scissors Sweeping Kick |
| Year Season | 2012 Summer | Kata = Taikyoku Sam Dan 1 Hand Completed Pulling Palm Parrying Knuckles Snaking Palm | C/G = Switching | T/D = Knee - Low Scissors & Side Cross Leg Elbow Snap Rolling Push Ground Encounter |
| Year Season | 2012 Fall | Kata = Wansu 2 Hand Grabs Charging Tackle Crossed Arms Opening Palms | C/G = Switching | T/D = Stick - Rolling Elbow(9) & Flapping Elbow(11) Repeating Elbow Twin Grab Spiraling Elbows |
| Year Season | 2013 Winter | Kata = Pinan Sam Dan 1 Hand Grab Clutching Hair Twirling Bow Delayed Chop | C/G = Rear Cross Over | T/D = Shoulder - Open Door Flip & Figure 2 Conquering Elbow Obscure Chop Obscure Elbow |
| Year Season | 2013 Spring | Kata = Niahanchi Ni Dan Front Hugs & Holds Tripping Bear Head Strike Thumb Jab | C/G = Rotate | T/D = Stick - Shoulder Fulcrum (3) & 2 Leg Take-down Opening Hand Shake Destructive Shake Returning Shake |
| Year Season | 2013 Summer | Kata = Taikyoku San Dan 2 Hand Push Rising Wedge Opening Push Snaking Push | C/G = Shuffle Kick | T/D = Shoulder - Knife Hand & Figure 2 Sweeping Push Hooking Push Alternating Push |
| Year Season | 2013 Fall | Kata = Nihanchi San Dan Stick on Stick Defense 1 - 12 | C/G = Step Drag | T/D = Ankle - Double Ankle & Twisted Foot |
| Year Season | 2014 Winter | Kata = Bassai Straight Punch Thundering Fist Flashing Fist Broken Punch | C/G = Rotate | T/D = Elbow - Chicken Wing & Universal Takedown Leaping Kick Shield & Chop Repeating Hammer |
| Year Season | 2014 Spring | Kata = Pinan Ni Dan Hooking Punches Spinning Elbow Three Palms Raining Uppercut | C/G = Leaping | T/D = Elbow- Bent Elbow & Pulling Arm Bar Locking Uppercut Chopping Destruction Hammering Shield |
| Year Season | 2014 Summer | Kata = Knife Kata Knife Defense Raining Knife Clipping Knife Bowing Knife | C/G = Step Drag | T/D = Wrist - Wrist Throw & Goose Neck Returning Knife Gifted Knife Twisted Knife |
| Year Season | 2014 Fall | Kata = Seisan Locks Right Hammerlock Left Hammerlock Slippery Elbows | C/G = Step Kick | T/D = Wrist - Fallen Wrist & Pulling Wrist Front Head lock Flank Head lock Head lock Escape |
| Year Season | 2015 Winter | Kata = Naihanchi Sho Dan Chokes Escape Choke Buckling Choke Dancer | C/G = Front Cross Over | T/D = Hip - Hip Throw & Shoulder Throw Broken Cross Returning Back fist Cross Choke |
| Year Season | 2015 Spring | Kata = Chinto Straight Kicks Smashing hammer Shuffle Kick Circling Hammer | C/G = Front Cross Over | T/D = Head - Arm Bar Flip & Entering In Retreat from Kick Trapping X Thrusting Palm |

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| White Belt to 1st Degree Black Belt | Required Time 3 Years | 12 Blocks of Information |
| 2nd Degree Black Belt | Required time 1 additional year | 16 Blocks of information |
| 3rd Degree Black Belt All Bunkai Left and Right Side with Extensions | Required time 3 additional years All takedowns with multiple attacks | Katas = Nunchakus, Sparring Bo, Striking Bo, Spinning Bo, Stick Kata |
| 4th Degree Black Belt (Master) | Required time 4 additional years | Katas = Sai Kata, Tonfa, Kama, Sword (All Katas with 10 Breakdowns) |