Stage	*Mummay	Learning curve	Parallel training	special requirement	Sash color after finishing the stage (worn)
1	Pre Anattawa	Learning stages including, respect, entering, start, ending, exiting, stance(s), Opening and Closing Sash, learning base techniques, Zen, directional moves including first directional techniques of Anattawa.		Minimum age 7	White Sash with a horizontal Green line
2	Anattawa	Learning of Anattawa *Mummay techniques and foundational technique.	Introduction to Zen and some links Yoga exercises		Green Sash with a horizontal White line
3	Atado	Learning of Atado *Mummay techniques, introduction to Philosophy of combat in To'A, and Introduction to Combat	introduction to practical breathing and body conditioning ,intermediate Yoga exercises, steps of Zen		Green
4	Suto	Learning of Suto *Mummay techniques ,Philosophy of combat one to few, Introduction to Combat one to few techniques	Introduction to sport related human Physiology and introduction to: Sport injuries first aid techniques and prevention.		Brown
5	Samsamaeh	Learning of Samsamaeh *Mummay techniques, Philosophy of combat one to few, Combat one to few technique applications	Introduction to object breaking techniques. follow-Up to sport related human physiology intermediate introduction to philosophy and first steps to familiarity with To'A path ,		Brown with one vertical red stripe
6	Mayana	Learning of Mayana *Mummay techniques, Application of combat one to few, Introduction to strategic and combat reasoning one to few technique, Mayana Breaking!	Philosophy follow-up and introduction to Psychology (I.e sport depression)		Brown with two vertical red stripe

7	**Kuana**	**Learning Quana *Mummay techniques, Body Conditioning Intermediate to Advanced, Physiology of Combat.**	**Intermediate Psychology(I.e Martial Art /Sport Behavior) ,Introduction to Martial Art History in Iran and the world(I.e Human weapon)**		**Brown with three vertical red stripe**
8	**Weima-Mato**	**Learning Yeima-Bato *Mummay techniques, Combat Physiology, demonstration of power, speed and combat link to illusion techniques (wonders)**	**Sport Recovery ,Introduction to Sport Massage , Introduction to Acupuncture and Pressure Point techniques**		**Brown with four vertical red stripe**
9	**Westa -Mayana**	**Westa-Mayana *Mummay techniques, Entering to advanced classical combat techniques and Creative Combat intermediate.**	**Introduction to Human Anatomy and Science of Neurology**	**Minimum age is 18 years old**	**Black**
*	**Important instructions**	**The Width of the Sash is 7cm and the length of the Sash after twice around the waist should be a close fist above the knee joint, back color of all Sashes would be black until receiving the black sash. Once you've received the black sash the back color will be red and the front is black.**	***Mummay should include these elements otherwise they are not complete. 1- Power (Creation) 2- Action-Reaction 3- Twist and Turn 4- Combinations (constriction) 5- Stance and Shift**		
	Red Sash	**Due to the Respect to the Grand Master Mirzaii founder of TO'A Red Sash will not be wearing or given to anyone even honorary.**			