



6th Kyu (Rokukyu) 20 practice days since beginning

Seiza (a) Bowing/Rei (b) Rise from seiza
 Shikko*
 Hanmi (a) Migi hanmi (b) Hidari hanmi
 Ukemi (a) Ushiro ukemi (1) back fall (2) back roll*
 (b) Mae ukemi*
 Kokyu undo (a) Funakogi undo (b) Ikkyo undo
 Tai sabaki (a) Tenkan (b) Irimi (c) Irimi tenkan
 (d) Tenshin
 Hanmi (w/partner) (a) Ai hanmi (b) Gyaku hanmi
 Atemi (w/partner) (a) Tsuki (b) Yokomenuchi
 (c) Shomenuchi
 Tai no henko (w/partner) as both uke and nage
 Kokyudosa – Zagi Kokyuho (sitting) (w/partner)

5th Kyu (Gokyu) 40 practice days after 6th Kyu

Shomenuchi Ikkyo (omote & ura)
 Shomenuchi Iriminage
 Katatetori Shihonage (omote & ura)
 Ryotetori Tenchinage (omote & ura)
 Tsuki Kotegaeshi
 Ushiro Tekubitori Kotegaeshi (omote & ura)
 Morotetori Kokyuho (omote & ura)

4th Kyu (Yonkyu) 80 practice days after 5th Kyu

Shomenuchi Nikyo (omote & ura)
 Yokomenuchi Shihonage (omote & ura)
 Tsuki Iriminage
 Ushiro Tekubitori Sankyo (omote & ura)
 Ushiro Ryokatatori Kotegaeshi (omote & ura)
 Suwari waza:
 Shomenuchi Ikkyo (omote & ura)
 Katatori Nikyo (omote & ura)
 Katatori Sankyo (omote & ura)

3rd Kyu (Sankyu) 100 practice days after 4th Kyu

Yokomenuchi Iriminage (2 variations)
 Yokomenuchi Kotegaeshi (omote & ura)
 Tsuki Kaitennage (omote & ura)
 Ushiro Ryokatatori Sankyo (omote & ura)
 Morotetori Iriminage (2 variations)
 Shomenuchi Sankyo (omote & ura)
 Suwari waza:
 Shomenuchi Iriminage
 Shomenuchi Nikyo (omote & ura)
 Hanmi handachi:
 Katatetori Shihonage (omote & ura)
 Katatetori Kaitennage (uchi & soto mawari**)

*Instructor's option depending on age and ability.

**Uchi & Soto mawari—Both inside (Uchi) and outside (Soto) movements.

2nd Kyu (Nikyu) 200 practice days after 3rd Kyu

Seminar attendance is encouraged
 Shomenuchi Shihonage (omote & ura)
 Shomenuchi Kaitennage (omote & ura)
 Yokomenuchi Gokyo (omote & ura)
 Ushiro Tekubitori Shihonage (omote & ura)
 Ushiro Kubishime Koshinage
 Ushiro Tekubitori Jujinage (omote & ura)
 Morotetori Nikyo (omote & ura)
 Hanmi handachi:
 Shomenuchi Iriminage
 Katatetori Nikyo (omote & ura)
 Yokomenuchi Kotegaeshi (omote & ura)
 Randori (2 attackers)

1st Kyu (Ikkyu) 300 practice days after 2nd Kyu

Seminar attendance is strongly encouraged
 Katatori Menuchi – 5 Techniques
 Yokomenuchi – 5 Techniques
 Morotetori – 5 Techniques
 Shomenuchi – 5 Techniques
 Ryotetori – 5 Techniques
 Koshinage – 5 Techniques
 Hanmi handachi:
 Ushiro waza – 5 Techniques

Tanto tori
 Randori (3 attackers)

Shodan 300 practice days after 1st Kyu

Must attend one seminar per year

All 1st Kyu Requirements

Tachi tori
 Jo tori and Jo waza
 Henka waza***
 Randori (4 attackers)

Nidan 600 practice days after Shodan/Not<2 years

Must attend two seminars per year

All Shodan Requirements

Tachi tori (2 attackers)
 Kaeshi waza****
 Randori (5 attackers)

Sandan 700 practice days after Nidan/Not<3 years

Must attend two seminars per year

Subject of examination to be determined by examiner at the time of examination

***Henka waza—Switching from one technique to another. Examiner will call the first technique.

****Kaeshi waza—Counter techniques. Uke applies the technique to Nage. Original technique will be called by examiner. (e.g., to apply Sankyo against Nikyo).

Nomenclature

Hanmi handachi
 Uke standing and Nage sitting
 Jiyu waza
 Interval attacks w/nage varying techniques
 Jo tori
 Disarm attacker of jo
 Jo waza
 Techniques performed with jo
 Katatetori
 One hand grab to wrist
 Katatori
 One hand grab to shoulder
 Katatori Menuchi
 Grab to shoulder with strike to head
 Morotetori
 Two hands grab to one wrist
 Randori
 Freestyle—rapid "all-out" simultaneous attacks
 Ryotetori
 Both wrists held from the front
 Seiza
 Sitting—meditative posture
 Shomenuchi
 Strike to forehead
 Suwari waza
 Techniques performed while sitting
 Tai sabaki
 Body movement
 Tachi tori
 Disarm attacker of bokken
 Tanto tori
 Disarm attacker of tanto
 Tsuki
 Thrust or punch with closed fist
 Undo
 Exercise
 Ushiro Kubishime
 Choke from behind with wrist grab
 Ushiro Ryokatatori
 Both shoulders held from behind
 Ushiro Tekubitori
 Both wrists held from behind
 Waza
 Technique
 Yokomenuchi
 Strike to side of head
 Zagi
 Sitting—active posture