



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)
 - Katatetori Nikyo (omote & ura)
 - Katatetori 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

- Katatetori 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