



## 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