



**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

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

**Udo**  
 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