

GRADING SYLLABUS – 6TH KYU TO 1ST KYU

Grading tests may also include techniques from previous level tests.

	Pre-Requisites	Test
6th kyu	<ol style="list-style-type: none"> Dojo Reigi (Etiquette) Mae Ukemi Ushiro Ukemi 	<ol style="list-style-type: none"> Katate dori kokyu nage Katate dori shiho nage Katate dori ikkyo Katate dori irimi nage
5th kyu	<ol style="list-style-type: none"> Ken suburi: 1 Shikko 10 ukemi from a senior 	<ol style="list-style-type: none"> Mune dori Nikyo Ushiro ryote dori sankyo Mune tsuki kote gaeshi Kokyu ho
4th kyu	<ol style="list-style-type: none"> Ken suburi: 1,2,3 Jo suburi; 1,2,3,4,5 20 ukemi from a senior 	<ol style="list-style-type: none"> Suwari waza no shomen uchi Ikkyo Yokomen uchi ikkyo Yokomen uchi shiho nage Shomen uchi irimi nage Shomen uchi Yonkyo
3rd kyu	<ol style="list-style-type: none"> Ken suburi: 1,5,7 Jo suburi: 1 to 10 Atemi waza 50 ukemi from a senior in rapid succession 	<ol style="list-style-type: none"> Morote dori kokyu nage Katate dori kokyu nage Ushiro ryote dori kokyu nage Shomen uchi kihon (omote/ura)
2nd kyu	<ol style="list-style-type: none"> Ken suburi: All 7 suburi Jo suburi: 10 to 20 inclusive Happo no tsuki 	1. IKKYO: Shomen uchi, katate dori, ushiro ryote dori
		2. NIKYO: Eri-dori, ushiro ryote-dori, morote dori
		3. SANKYO: Shomen uchi, ushiro ryote dori, yokomen uchi
		4. YONKYO: Katate dori, shomen uchi, ushiro ryote-dori
		5. SHIHO NAGE: Yokomen uchi, katate dori, kata-dori
		6. KOTE GAESHI: Yokomen uchi, tsuki, ushiro ryote-dori
		7. IRIMI NAGE: Shomen uchi, tsuki, ushiro ryote-dori
		8. Fold Hakama
1st kyu	<ol style="list-style-type: none"> Ken: Awase exercises 1st kumi tachi Happo no kiri Jo: 31 kata 13 kata 	<ol style="list-style-type: none"> Koshi nage Kaiten nage (uchi/soto) Shomen tsuki gokyo Tanto dori - 3 other Jiyu waza - 1 uke Fold Hakama

For specific kyu grading details see the 'Grading Sheet' for that rank