



## TEST REQUIREMENTS

### 7th Kyu (16 hours)

Katate dori (ai-hanmi)	Kotegaeshi Ikkyo* Iriminage
Katate dori (gyaku hanmi)	Irimi and Tenkan with partner
Kokyudosa	

### 6th Kyu (20 hours)

Katate dori (ai-hanmi)	Shihonage*
Katate dori (gyaku-hanmi)	Shihonage* Kotegaeshi Iriminage
Morote dori (both hands grab one arm)	Kokyuho

### 5th Kyu (25 hours)

Katate dori (gyaku hanmi)	Ikkyo* Kokyunage to forward roll
Shomenuchi	Ikkyo*, iriminage and kotegaeshi
Tsuki	Kotegaeshi
Morotedori (right-left stance)	Kokyunage (forward roll throw)
Ryotedori	Tenchinage (heaven and earth throw)

\*omote and ura

**Please note: The instructor may call techniques from lower rank requirements.**



#### 4th Kyu (30 hours)

Katate dori (gyaku hanmi)		Kaitenage** grab wrist & neck Nikyo*
Katatedori (ai-hanmi)		Jujinage Nikyo (scooping variation)
Shomenuchi		Nikyo* Kaitenage Ikkyo*, Nikyo*
	Suwariwaza	
Yokomenuchi		Shihonage*
Tsuki		Kaitenage Hijishime Iriminage
Morotedori		Jujinage
Ushiro tekubidori		Kokyunage (forward roll throw)
Weapons:		
Bokken	Uchikomi	
Jo	Tsuki makotoshi continuous partner practice	

\*omote and ura; \*\*uchi and soto mawari



### 3rd Kyu Brown belt (80 hours)

Katate dori		Kokyunage (spirals) Koshinage Shihonage Kaitenage**
	Hanmihandachi	
Shomenuchi		Sankyo* Yonkyo* Ikkyo through Yonkyo*
	Suwariwaza	
Yokomenuchi		Kotegaeshi Jujinage Iriminage
Ryote dori		Shihonage*
Morote dori		Kokyunage based on Ikkyo Ikkyo* Nikyo Kotegaeshi
Ushiro tekubidori		Sankyo* Shihonage* Kotegaeshi
Katadori		Ikkyo* Nikyo*
Jo dori (Throwing techniques using the staff)		Shihonage
Self-defense techniques - Headlock		Sankyo
- Left jab		Kotegaeshi on left hand Iriminage with fade
Bokken		Kirikaeshi
Jo		Kesa against kesa

\*omote and ura; \*\*uchi and soto mawari; \*\*\* kinonagare



## 2nd Kyu (80 hours) Hakama Required

Shomenuchi		Gokyo (tachi and suwari waza) Kokyunage- kesa based Kokyunage- bow pull move Shihonage* Koshinage- from Ikkyo Iriminage
	Suwariwaza	
Yokomenuchi	Suwariwaza Hanmihandachi Tachiwaza	Ikkyo – Gokyo* Kokyunage – step back and cut Shihonage* Kokyunage- dropping to knees Kokyunage – double cut
Katadori		Sumiotoshi, Shihonage Kaitenage (soto only)
Ryotedori		Kokyunage (4 of your choice)
Morotedori		Iriminage changing directions Iriminage same direction
Ryokatadori		The two basic freestyle throws
Self-defense techniques	Boxer's left jab Boxer's stance Neck grab	Kotegaeshi on right hand Palm heal to double leg takedown Hijishime
Jodori		Based on soto kaiten
Bokken Jo		San no Tachi Tenzan 1 first segment
Freestyle		2 attackers shoulder grab only

\*omote and ura; \*\*uchi and soto mawari; \*\*\* kinonagare



### 1st Kyu (100 hours)

Katatedori	Kokyunage variations Katagatame** Shihonage*** Jo, Chu & Ge Nikyo – ura***
Katadori	Kotegaeshi, kokyunage, Katagatame (soto only)
Katadorimenuchi (grab shoulder and strike with other hand)	Iriminage, ikkyo, shihonage, Kotegaeshi, nikyo
Morotedori	Udegarami (cross uke's arms to throw)
Tsuki	Udegarami (done on 1 arm), Kokyunage variations (double cut, ushiroate, draping move)
Maigiri (front snap kick)	Kokyunage/iriminage (draping move) fish hook to ridge hand to kotegaeshi
mawashigiri (roundhouse kick)	Take down - hug leg and bow
Ushirotekubidori	Kokyunage 1 hand lowers to pull Uke through Iriminage Jujinage, Koshinage sankyo grip,
Jodori	5 Techniques of your choice
Tachidori	Iriminage, kotegaeshi
Bokken Jo Freestyle	Ichi-no-tachi Tenzan kata - complete Two person random attacks

\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare



### Shodan Black Belt (100 hours)

Katatedori (gyaku hanmi) Hanmihandachi	Kokyunage variations, Iriminage –jo, chu, ge Sumiotshi
Yokomenuchi	Koshinage based on shihonage
Morotedori	Shihonage – Jodan & Gedan Iriminage variations jo, chu, ge Koshinage based on udegarami
Ryotedori	Kokyunage variations – Koshinage variations Shihonage*** jo, chu, ge + jo 4 dir
Katadorimenuchi	Ikkyo-yonkyo, iriminage, shihonage, Kotegaeshi, kokyunage
Ushiroryokatadori Hanmihandachi	Kokyunage variations - forward wave, head and arm sweep through, udegarami, Shihonage, Ikkyo-Sankyo*, kotegaeshi  Same as above (no head/arm variation)
Ushirokubishime	Sankyo, Iriminage, kotegaeshi, koshinage, Kokyunage
Tanto dori	Kotegaeshi, gokyo and hijishime from all standard attacks, Backhand to choke. Random attacks
Freestyle Bokken Jo	3 person random attacks All kumitachi Tenzan 1
Essay	

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### **Nidan Black Belt 2nd Degree (200 hours)**

Yokomenuchi		Step 90 deg. under yokomen arm to do sumiotoshi and koshinage.
Henkawaza		Nikyo to koshinage Nikyo to hijishime Nikyo to kotegaeshi Hijishime to kotegaeshi Hijishime to nikyo Kotegaeshi to sankyo Iriminage to kaitenage Kaitenage to kotegaeshi Ikkyo to udegarami Reverse yonkyo to shihonage attempt into Iriminage Sumiotoshi to shihonage
Kaeshiwaza		Iriminage to sumiotoshi, sutemiwaza Kotegaeshi to iriminage, hijishime Nikyo to sankyo, sutemiwaza Shihonage to any morotedori technique Ikkyo to ikkyo Ikkyo to sumiotoshi
Freestyle	Hanmihandachi	3 person random attacks 1 person
Bokken Jo		Kumitachi with variations Tenzan 1 and 2
Essay		

### **Sandan Black Belt 3rd Degree (300 hours)**

To be determined by the examiner at the time of the test.

Essay