



TEST REQUIREMENTS

December 2013
7th Kyu (16 hours)

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

6th Kyu (20 hours)

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

5th Kyu (25 hours)

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|--------------------------------|-------------------------------------|
| 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.



December 2013

4th Kyu (30 hours)

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| 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:

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|--------|---|
| Bokken | Uchikomi |
| Jo | Tsuki makotoshi continuous partner practice |

*omote and ura; **uchi and soto mawari

December 2013



3rd Kyu Brown belt (80 hours)

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|--|-------------------|--|
| 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 - Left jab | | Sankyo Kotegaeshi on left hand Iriminage with fade |
| Bokken: | Kirikaeshi | |
| Jo: | Kesa against kesa | |

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

December 2013



2nd Kyu (80 hours) Hakama Required

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|-------------------------|---|--|
| 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

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1st Kyu (100 hours)

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|---|--|
| 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



December 2013

Shodan Black Belt (100 hours)

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|---|---|
| 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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December 2013

Nidan Black Belt 2nd Degree (200 hours)

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|--------------|---------------|--|
| 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