

**Overview:**

- The techniques that are listed represent the material that a student is responsible for executing. There is not an expectation that all techniques are on each test.
- There are new explicit ukemi requirements for each test.
- Students will be asked to define and demonstrate specific keyword(s).
- Weapon requirements start at 5<sup>th</sup> kyu. By 1<sup>st</sup> kyu, the weapon requirements for shodan have been met.
- Time and training in rank requirements are unchanged for 4<sup>th</sup> – 1<sup>st</sup> kyu. Total time to 5<sup>th</sup> kyu increases slightly.
- 1<sup>st</sup> and 2<sup>nd</sup> kyu requirements have been largely switched.
- Techniques are assumed as omote and ura.

**6th Kyu: (30 hours / 3 months)** Administered in a regularly scheduled class

Principal(s): Safety, Ukemi

Keywords: Tenkan

Tenkan	(both sides)
Forward roll	
Backwards fall	
Backwards roll	
Attack stationary partner	shomen uchi yokomen uchi men tsuki mune tsuki
Shomen uchi	Ikkyo
Katate dori	sumi otoshi kokyo tanden kokyu nage

**5th kyu: (60 hours / 4 months)**

Principal(s): Structure (Posture &amp; Balance)

Keywords: Omote and ura

All techniques from previous and:

Kosa dori	kote gaeshi
Shomen uchi	nikyo irimi nage
Katate dori	shiho nage kokyu nage
Yokomen uchi	shiho nage
Kokyu dosa	
Bokken kamae	jodan segan chudan gedan
Bokken suburi	shomen uchi

	yokomen uchi tsuki
Jiyu waza	katate dori kosa dori
Ukemi	Repeat jiyu waza as uke

#### 4th Kyu: (80 hours / 8 months)

Principle(s): Connection/moving from center

Keyword: Musubi

All techniques from previous and:

Kosa dori	nikyo (with and without ikkyo) sankyo (with and without ikkyo) udekimi nage
Shomen uchi	sankyo yonkyo kote gaeshi kaiten nage
Mune tsuki	kote gaeshi (back fall and hard fall styles)
Yokomen uchi	ikkyo kote gaeshi irimi nage (3 ways)
Kokyu dosa	
Suwari waza shomen uchi	ikkyo, irimi nage
Bokken	uchi no kata
Jo	10 count kata
Jiyu waza	shomen uchi yokomen uchi
Ukemi	mune tsuki kote gaeshi hard fall (front roll alternative if necessary) repeat jiyu waza as uke

#### 3rd Kyu: (100 hours / 10 months)

Principle(s): Breaking Balance

Keyword: Mai-ai

All techniques from previous and:

Ryote dori	tenchi nage shiho nage ikkyo kokyu nage (two ways)
Kata dori	ikkyo nikyo shiho nage

	hiji shime
Katate dori/Kosa dori	koshi nage (two ways – head first/hip first)
Mune tsuki	kaiten nage
Suwari waza shomen uchi	sankyo yonkyo
Hanmi handachi katate dori	shiho nage kaiten nage
Bokken	kumi tachi 1 & 2
Jo	31 count kata
Jiyu waza	ryote dori kata dori
Ukemi	katate/kosa dori koshi nage repeat jiyu waza as uke

## 2nd kyu: (100 hours / 10 months)

Principle: Extension

Keyword: Irimi

Ushiro ryokata dori	ikkyo kokyu tanden sankyo kokyu nage
Ushiro ryote dori	shihonage kote gaeshi ikkyo nikkyo sankyo irimi nage koshi nage juji nage kokyu tanden kokyu nage
Ushiro kubishime	kote gaeshi shiho nage ikkyo kokyu nage
Suwari waza kata dori	ikkyo nikyo
Hamni hadachi shomen uchi	ikkyo irimi nage
Hamni hadachi ryote dori	shiho nage
Bokken	kumi tachi 3 & 4
Jo	kumi jo 1
Jiyu waza	ushiro
Ukemi	repeat suwari waza and jiyu waza as uke

**1st kyu: (120 hours / 12 months)**

Principle: Blending and Kuzushi

Keyword: Kuzushi

Morote dori	ikkyo nikyo irimi nage shiho nage juji nage kokyu nage
Mune tsuki	ikkyo irimi nage, kokyu tanden
Men tsuki	kaiten nage shiho nage kote gaeshi kokyu tanden irimi nage ikkyo
Koshi nage from:	shomen uchi katate dori yokomen uchi mune tsuki men tsuki morote dori
Suwari waza kata dori	sankyo yonkyo
Hamni hadachi kata dori	ikkyo
Hamni hadachi yokomen uchi	ikkyo
Bokken	kumi tachi 5
Jo	kumi jo 2 & 3
Jiyu waza	morote dori men tsuki mune tsuki
Ukemi	tonto dori as uke and jiyu waza as uke