

# ADULT GRADING SYLLABUS

TECHNIQUES MUST BE PERFORMED IN RIGHT & LEFT POSTURE

## 8th KYU RED

Migi & Hidari ai hanmi  
Koho ukemi  
Zenpo kaiten ukemi  
Shumatsu Dosa ich  
Tai no henko ni  
Renzoku dosa ich  
Shomen uchi ikkajo osae ich  
Katate mochi shiho nage ich

## 7th KYU YELLOW

Koho kaiten ukemi  
Hiriki no yosei ich  
Shumatsu Dosa ni  
Renzoku dosa ni  
Shomen uchi ikkajo osae ni  
Katate mochi shiho nage ni  
Ryote mochi shiho nage ich & ni

## 6th KYU GREEN

Hiriki no yosei ni  
Tai no henko ich  
Renzoku dosa san  
Katate mochi sokomen irimi nage ich & ni  
Ai mochi nikajo osae ich & ni  
Katate mochi ikkajo osae ich & ni

## 5th KYU BLUE

Kihon dosa (2 repetitions right & left)  
Zenpo hiyaku ukemi  
Katate mochi nikajo osae ich & ni  
Suwari shomen uchi ikkajo osae ich & ni  
Yokomen uchi shiho nage ich & ni  
Shomen tsuki sankajo osae ich & ni

## 4th KYU ORANGE

Shomen tsuki kote gaeshi ich & ni  
Suwari katate mochi ikkajo osae ich & ni  
Shomen uchi nikajo osae ich & ni  
Shomen uchi yonkajo osae ich & ni  
Yokomen uchi sankajo osae ich & ni

*Yokomen uchi jiyuwaza (5)*

## 3rd KYU BROWN

Shomen uchi shiho nage ich & ni  
Hanmi hantachi ryote mochi shiho nage  
Ushiro ryote mochi kaiten nage ich & ni  
Yokomen uchi udegarami ich & ni  
Ai mochi iriminage ich & ni  
Yokomen uchi kokyu nage ich & ni

*Shomen tsuki jiyuwaza (10)*

## 2nd KYU BROWN

Shomen uchi irimi nage ich & ni  
Shomen tsuki shiho nage (applied) ich & ni  
Hanmi hantachi katate mochi shiho nage ich & ni  
Ushiro ryote mochi shiho nage ich & ni  
Yokomen uchi irimi nage ich & ni  
Yokomen uchi nikajo osae ich & ni  
Kata mochi ikkajo osae ich & ni

*Ushiro ryote mochi jiyuwaza (10)*

*Katate mochi jiyuwaza (10)*

## 1st KYU BROWN

Suwari mune mochi ikkajo osae ich & ni  
Suwari shomen uchi sankajo osae ich & ni  
Ushiro ryote mochi nikajo osae ich & ni  
Ushiro ryote mochi sankajo osae ich & ni  
Kata mochi shomenatte  
Kata mochi hiji jimi ni  
Ryote mochi tenchi nage ich  
Tanto Shomen uchi gokajo osae ich & ni

*Tanto Yokomen uchi jiyuwaza (10)*

*Mune mochi jiyuwaza (10)*

*Ryote mochi jiyuwaza (10)*

*Shomen uchi jiyuwaza (10)*

## **1st DAN BLACK**

Tested on a selection of techniques from the kyu grading syllabus and a selection from the following 1st dan syllabus.

All techniques ich and ni where appropriate

Yokomen uchi shomen ate  
Kata mochi sankajo henka waza  
Katate mochi kaiten nage  
Ushiro ryote mochi kote gaeshi  
Yokomen uchi kote gaeshi  
Chudan tsuki udegaramae  
Shomen tsuki koshi nage  
Hanmi hantachi yokomen uchi shiho nage  
Shomen uchi gokajo osae with tanto

A maximum of 20 techniques will be required for 1st dan grading as well as the following.

Bokken happo undo

Three jiyuwaza (sensei's choice)  
Tanto jiyuwaza  
13 jo kata

## **2nd DAN BLACK**

Tested on a selection of techniques as well as those listed for 2nd Dan.

The following 2nd Dan grading techniques are to be performed both in right and left posture.

All techniques ich and ni where appropriate

Mune mochi shomen atte  
Suwari shomen tsuki hiji jimi  
Shomen tsuki kokyu nage  
Ushiro katate mochi sokumen irimi nage  
Mune mochi yonkajo osae  
Yokomen uchi jodan udegaramae  
Yokomen uchi koshi nage  
Kata mochi kata tsuki nikajo osae  
Ushiro hiji mochi kata katana  
Shomen tsuki nikajo osae  
Suwari yokomen uchi gokajo osae

Jo waza  
5 jiyuwaza  
Futari gukari  
31 jo kata

## **3rd DAN BLACK**

A selection at sensei's choice of all grading techniques.

A selection of kashi waza  
A selection of all jiyuwaza  
Suwari jiyuwaza  
Tachi dori  
San man jiyuwaza