

5th KYU – 60 Practice Days Required

Shomenuchi Ikkyo (omote & ura)
Shomenuchi Iriminage
Katatetori Shihonage (omote & ura)
Ryotetori Tenshinage
Tsuki Kotegaeshi
Ushiro Tekubitori Kotegaeshi
Morotetori Koryuho

4th KYU – 80 Practice Days Required

Shomenuchi Nikkyo (omote & ura)
Yokomenuchi Shihonage (omote & ura)
Tsuki Iriminage
Ushiro Tekubitori Sankyo (omote & ura)
Ushiro Ryotetori Kotegaeshi
Suwari Waza: Shomenuchi Ikkyo
Suwari Waza: Katatori Nikkyo (omote & ura)
Suwari Waza: Katatori Sankyo

3rd Kyu – 100 Practice Days Required

Yokomenuchi Iriminage - (2 ways)
Yokomenuchi Kotegaeshi
Tsuki Kaitennage
Ushiro Ryokatatori Sankyo (omote & ura)
Morotetori Iriminage (2 ways)
Shomenuchi Sankyo (omote & ura)
Suwari Waza: Shomenuchi Iriminage
Suwari Waza: Shomenuchi Nikkyo (omote & ura)
Hanmi-Handachi: Katatetori Shihonage
Hanmi-Handachi: Katatetori Kaitennage (uchi & soto mawari*)

2nd Kyu – 200 Practice Days Required

Shomenuchi Shihonage
Shomenuchi Kaitennage
Yokomenuchi Gokyo
Ushiro Tekubitori Shihonage
Ushiro Tekubitori Ujiginage
Ushiro Kubishime Koshinage
Morotetori Nikkyo
Hanmi-Handachi: Shomenuchi Iriminage
Hanmi-Handachi: Katatetori Nikkyo
Hanmi-Handachi: Yokomenuchi Kotegaeshi
Freestyle - 2 persons

1st Kyu – 300 Practice Days Required

Katatori Menuchi - 5 techniques
Yokomenuchi - 5 techniques
Morotetori - 5 techniques
Shomenuchi - 5 techniques
Ryotetori - 5 techniques
Koshinage - 5 techniques
Tantotori - 5 techniques
Hanmi-Handachi (ushiro waza - 5 techniques)
Freestyle - 3 persons

Sho-Dan – 400 Practice Days Required

All of 1st Kyu requirements
Tachitori
Jotori
Henkawaza**
Freestyle - 4 persons

Ni-Dan – 600 Practice Days Required

Attend 2 seminars per year after Sho-Dan
All of Shodan requirements
Tachitori - 2
Freestyle - 5 persons
Kaeshiwaza***

San-Dan – 700 Practice Days Required

Attend 2 seminars per year after Ni-Dan
All of Nidan requirements
Subject of exam determined by examiner at the time of exam

Note

Hour requirements are counted from the last test.

* Uchi & Soto Mawari -- both the inside (uchi) and outside (soto) movements or variations.

** Henka-waza -- techniques were the nage (thrower) switches from one technique to another technique. Examiner will call the first (or starting) technique.

*** Kaeshi-waza -- counter techniques. Uke (attacker) applies the technique to nage. Then nage counters with the appropriate counter. Original techniques (for uke) will be called by the examiner. (E.g., to apply sankyo against nikkyo).

Glossary of Words of Attack

Uchi - inside

Soto - outside

Omote - in front

Ura - behind

Hanmi-Handachi – uke standing, nage sitting seiza

Jotori – jo techniques

Katatetori – one hand grab to wrist

Katatori – one hand grab to collar

Morotetori – two hands grab to one wrist

Ryotetori – both hands grab one wrist

Shomenuchi – strike to forehead

Suwariwaza – techniques from sitting seiza

Tachitori – attack with boken or standing technique

Tantotori – attack with knife

Tsuki – thrust or punch

Ushiro Kubishime – choke from behind with free hand grabbing wrist

Ushiro Ryokatatori – both shoulders grabbed from behind

Ushiro Tekubitori – both wrists grabbed from behind

Ushiro Waza – any attack from behind