

## 6th Kyu

Optional; content and time requirement at the discretion of the instructor.

## 5th Kyu (60 days)

Shomenuchi Ikkyo	(1)
Shomenuchi Iriminage	(2)
Katatetori Shihonage	(1)
Ryotetori Tenchinage	(1)
Tsuki Kotegaeshi	(2)
Morotetori Kokyuho	(1)
Ushiro Tekubitori Ikkyo	(1)

## 4th Kyu (80 days)

Shomenuchi Nikyo	(1)
Yokomenuchi Shihonage	(1)
Tsuki Iriminage	(3)
Ushiro Tekubitori Sankyo	(1)
Ushiro Tekubitori Kotegaeshi	(1)
Suwari Waza Shomenuchi Ikkyo	(1)
Suwari Waza Katatori Nikkyo	(1)
Suwari Waza Katatori Sankyo	(1)

## 3rd Kyu (100 days)

Yokomenuchi Iriminage	(3)
Yokomenuchi Kotegaeshi	(1)
Yokomenuchi Gokyo	(1)
Tsuki Kaitennage	(1)
Ushiro Ryokatatori Sankyo	(1)
Ushiro Ryokatatori Kotegaeshi	(1)
Morotetori Iriminage	(3)
Shomenuchi Sankyo	(1)
Katatetori Koshinage	(3, 4)
Suwari Waza Shomenuchi Iriminage	
Suwari Waza Shomenuchi Nikkyo	(1)
Hanmi Handachi Katatetori Shihonage	
Hanmi Handachi Katatetori Kaitennage	(1, 5)
Randori - 1 attacker	

## 2nd Kyu (200 days)

Shomenuchi Shihonage	
Shomenuchi Yonkyo	(1)
Shomenuchi Kaitennage	(1)
Shomenuchi Gokyo	(1)
Ushiro Tekubitori Shihonage	(1)
Ushiro Tekubitori Jujinage	
Ushiro Kubishime Koshinage	(3)
Morotetori Nikkyo	(1)
Hanmi Handachi Shomenuchi Iriminage	
Hanmi Handachi Katatetori Nikkyo	
Hanmi Handachi Yokomenuchi Kotegaeshi	
Randori - 2 attackers	

## 1st Kyu (300 days)

Katatori Menuchi	(6)
Yokomenuchi	(6)
Morotetori	(6)
Shomenuchi	(6)
Ryotetori	(6)
Tsuki	(6)
Koshinage - any attack	(6)
Hanmi Handachi Ushiro Waza	(6)
Suwari Waza Shomenuchi	(7)
Tantotori	
Randori - 3 attackers	

## Shodan (300 days)

All of 1st kyu requirements	
Tachitori	
Jotori and Jo Waza	
Randori - 4 attackers	

## Nidan (600 days)

All of Shodan requirements	
Henka Waza	
Tachitori - 2 attackers	
Randori - 5 attackers	

## Sandan (700 days)

All of Nidan requirements	
Kaeshi Waza	
Additional content at the discretion of the examiner after consultation with the candidate.	

## Yondan (800 days)

All of Sandan requirements	
Prepare a demonstration of your strengths and discuss with the examiner in advance.	

## Footnotes

(1) Omote and Ura	(4) Ogoshi and Koshiguruma
(2) Ura	(5) Uchi and Soto Mawari
(3) 2 ways	(6) 6 techniques
	(7) Ikkyo to Yonkyo, Iriminage

## Notes and Nomenclature

- Techniques in this list are minimum requirements.
- When administering a test the examiner or the candidate's instructor may add additional techniques.
- Tests are cumulative, i.e. examiners may ask any and all techniques from a previous rank.
- Unless otherwise specified, Katatetori means Gyaku Hanmi Katatetori.
- Ushiro Kubishime means Ushiro Katatetori Kubishime.
- Seminar attendance is recommended but not required to qualify for testing.
- In 1st Kyu, "6 techniques" excludes Ikkyo through Yonkyo.
- Days means days of practice.