

## 6th Kyu

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

## 5th Kyu (60 days)

Shomenuchi Ikkyo	Omote and Ura
Shomenuchi Iriminage	Ura
Katatetori Shihonage	Omote and Ura
Ryotetori Tenchinage	Omote and Ura
Tsuki Kotegaeshi	Ura
Morotetori Kokyuhu	Omote and Ura
Ushiro Tekubitori Ikkyo	Omote and Ura

## 4th Kyu (80 days)

Shomenuchi Nikyo	Omote and Ura
Yokomenuchi Shihonage	Omote and Ura
Tsuki Iriminage	2 ways
Ushiro Tekubitori Sankyo	Omote and Ura
Ushiro Tekubitori Kotegaeshi	Omote and Ura
Suwari Waza Shomenuchi Ikkyo	Omote and Ura
Suwari Waza Katatori Nikkyo	Omote and Ura
Suwari Waza Katatori Sankyo	Omote and Ura

## 3rd Kyu (100 days)

Yokomenuchi Iriminage	2 ways
Yokomenuchi Kotegaeshi	Omote and Ura
Yokomenuchi Gokyo	Omote and Ura
Tsuki Kaitennage	Omote and Ura
Ushiro Ryokatatori Sankyo	Omote and Ura
Ushiro Ryokatatori Kotegaeshi	Omote and Ura
Morotetori Iriminage	2 ways
Shomenuchi Sankyo	Omote and Ura
Katatetori Koshinage	2 ways, Ogoshi and Koshiguruma
Suwari Waza Shomenuchi Iriminage	
Suwari Waza Shomenuchi Nikkyo	Omote and Ura
Hanmi Handachi Katatetori Shihonage	
Hanmi Handachi Katatetori Kaitenage	Omote and Ura, Uchi and Soto Mawari

Randori - 1 attacker

## 2nd Kyu (200 days)

Shomenuchi Shihonage	
Shomenuchi Yonkyo	Omote and Ura
Shomenuchi Kaitenage	Omote and Ura
Shomenuchi Gokyo	Omote and Ura
Ushiro Tekubitori Shihonage	Omote and Ura
Ushiro Tekubitori Jujinage	
Ushiro Kubishime Koshinage	2 ways
Morotetori Nikkyo	Omote and Ura
Hanmi Handachi Shomenuchi Iriminage	
Hanmi Handachi Katatetori Nikkyo	
Hanmi Handachi Yokomenuchi Kotegaeshi	
Randori - 2 attackers	

## 1st Kyu (300 days)

Katatori Menuchi	6 techniques
Yokomenuchi	6 techniques
Morotetori	6 techniques
Shomenuchi	6 techniques
Ryotetori	6 techniques
Tsuki	6 techniques
Koshinage - any attack	6 techniques
Hanmi Handachi Ushiro Waza	6 techniques
Suwari Waza Shomenuchi	Ikkyo to Yonkyo, Iriminage
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.

## 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.