

6th Kyu

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

5th Kyu (60 days)

1. Shomenuchi Ikkyo (1)
2. Shomenuchi Iriminage (2)
3. Katatetori Shihonage (1)
4. Ryotetori Tenchinage (1)
5. Tsuki Kotegaeshi (2)
6. Morotetori Kokyuho (1)
7. Ushiro Tekubitori Ikkyo (1)

4th Kyu (80 days)

1. Shomenuchi Nikyo (1)
2. Yokomenuchi Shihonage (1)
3. Tsuki Iriminage (3)
4. Ushiro Tekubitori Sankyo (1)
5. Ushiro Tekubitori Kotegaeshi (1)
6. Suwari Waza Shomenuchi Ikkyo (1)
7. Suwari Waza Katatori Nikkyo (1)
8. Suwari Waza Katatori Sankyo (1)

3rd Kyu (100 days)

1. Yokomenuchi Iriminage (3)
2. Yokomenuchi Kotegaeshi (1)
3. Yokomenuchi Gokyo (1)
4. Tsuki Kaitennage (1)
5. Ushiro Ryokatatori Sankyo (1)
6. Ushiro Ryokatatori Kotegaeshi (1)
7. Morotetori Iriminage (3)
8. Shomenuchi Sankyo (1)
9. Katatetori Koshinage (3, 4)
10. Suwari Waza Shomenuchi Iriminage (1)
11. Suwari Waza Shomenuchi Nikkyo (1)
12. Hanmi Handachi Katatetori Shihonage (1, 5)
13. Hanmi Handachi Katatetori Kaitennage (1, 5)
14. Randori - 1 attacker (1, 5)

2nd Kyu (200 days)

1. Shomenuchi Shihonage (1)
2. Shomenuchi Yonkyo (1)
3. Shomenuchi Kaitennage (1)
4. Shomenuchi Gokyo (1)
5. Ushiro Tekubitori Shihonage (1)
6. Ushiro Tekubitori Jujinage (1)
7. Ushiro Kubishime Koshinage (3)
8. Morotetori Nikkyo (1)
9. Hanmi Handachi Shomenuchi Iriminage (1)
10. Hanmi Handachi Katatetori Nikkyo (1)
11. Hanmi Handachi Yokomenuchi Kotegaeshi (1)
12. Randori - 2 attackers (1)

1st Kyu (300 days)

1. Katatori Menuchi (6)
2. Yokomenuchi (6)
3. Morotetori (6)
4. Shomenuchi (6)
5. Ryotetori (6)
6. Tsuki (6)
7. Koshinage - any attack (6)
8. Hanmi Handachi Ushiro Waza (6)
9. Suwari Waza Shomenuchi (7)
10. Tantotori (7)
11. Randori - 3 attackers (7)

Shodan (300 days)

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

Nidan (600 days)

1. All of Shodan requirements
2. Henka Waza
3. Tachitori - 2 attackers
4. Randori - 5 attackers

Sandan (700 days)

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

Yondan (800 days)

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

Footnotes

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| (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.