

6th Kyu

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

5th Kyu (60 days)

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| 1. Shomenuchi Ikkyo | Omote and Ura |
| 2. Shomenuchi Iriminage | Ura |
| 3. Katatetori Shihonage | Omote and Ura |
| 4. Ryotetori Tenchinage | Omote and Ura |
| 5. Tsuki Kotegaeshi | Ura |
| 6. Morotetori Kokyuhō | Omote and Ura |
| 7. Ushiro Tekubitori Ikkyo | Omote and Ura |

4th Kyu (80 days)

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| 1. Shomenuchi Nikyo | Omote and Ura |
| 2. Yokomenuchi Shihonage | Omote and Ura |
| 3. Tsuki Iriminage | 2 ways |
| 4. Ushiro Tekubitori Sankyo | Omote and Ura |
| 5. Ushiro Tekubitori Kotegaeshi | Omote and Ura |
| 6. Suwari Waza Shomenuchi Ikkyo | Omote and Ura |
| 7. Suwari Waza Katatori Nikkyo | Omote and Ura |
| 8. Suwari Waza Katatori Sankyo | Omote and Ura |

3rd Kyu (100 days)

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| 1. Yokomenuchi Iriminage | 2 ways |
| 2. Yokomenuchi Kotegaeshi | Omote and Ura |
| 3. Yokomenuchi Gokyo | Omote and Ura |
| 4. Tsuki Kaitennage | Omote and Ura |
| 5. Ushiro Ryokatatori Sankyo | Omote and Ura |
| 6. Ushiro Ryokatatori Kotegaeshi | Omote and Ura |
| 7. Morotetori Iriminage | 2 ways |
| 8. Shomenuchi Sankyo | Omote and Ura |
| 9. Katatetori Koshinage | 2 ways, Ogoshi and Koshiguruma |
| 10. Suwari Waza Shomenuchi Iriminage | |
| 11. Suwari Waza Shomenuchi Nikkyo | Omote and Ura |
| 12. Hanmi Handachi Katatetori Shihonage | |
| 13. Hanmi Handachi Katatetori Kaitennage | Omote and Ura, Uchi and Soto Mawari |
| 14. Randori - 1 attacker | |

2nd Kyu (200 days)

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

1st Kyu (300 days)

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| 1. Katatori Menuchi | 6 techniques |
| 2. Yokomenuchi | 6 techniques |
| 3. Morotetori | 6 techniques |
| 4. Shomenuchi | 6 techniques |
| 5. Ryotetori | 6 techniques |
| 6. Tsuki | 6 techniques |
| 7. Koshinage - any attack | 6 techniques |
| 8. Hanmi Handachi Ushiro Waza | 6 techniques |
| 9. Suwari Waza Shomenuchi | Ikkyo to Yonkyo, Iriminage |
| 10. Tantotori | |
| 11. 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.