

SENIOR GRADING SYLLABUS

NOTES:

For each technique listed below, keep performing left and right, omote and ura, until the examiner tells you to stop or calls out another technique

ROKKYU (6th KYU)					
Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)	Buki Waza (Weapons Techniques)
Ai Hanmi Katate Dori	<ul style="list-style-type: none"> ● Ikkyo ● Nikyo ● Shiho Nage ● Kote Gaeshi 	Ryote Dori	<ul style="list-style-type: none"> ● Kokyu Ho 	N/A	N/A
Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> ● Ikkyo ● Kokyu Ho (Sokumen Iriminage) 				
Shomen Uchi	<ul style="list-style-type: none"> ● Ikkyo ● Irimi Nage 				
Other					
N/A					

GOKYU (5th KYU)

Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)	Buki Waza (Weapons Techniques)
Ai Hanmi Katate Dori	<ul style="list-style-type: none"> Uchi Kaiten Sankyo Soto Kaiten Nage 	Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> Ikkyo 	N/A	<ul style="list-style-type: none"> Ken Suburi 1-4 Jo Suburi 1-5
Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> Nikyo Sankyo Yonkyo Shiho Nage Kote Gaeshi Kokyu Nage Uchi Kaiten Nage 	Shomen Uchi	<ul style="list-style-type: none"> Ikkyo Irimi Nage 		
Shomen Uchi	<ul style="list-style-type: none"> Sankyo Soto Kaiten Nage 				
Chudan Tsuki	<ul style="list-style-type: none"> Irimi Nage Kote Gaeshi 				
Other					
N/A					

YONKYU (4th KYU)

Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)	Buki Waza (Weapons Techniques)
Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> Sumi Otoshi Ude Kime Nage Soto Kaiten Nage 	Kata Dori	<ul style="list-style-type: none"> Ikkyo Nikyo 	N/A	<ul style="list-style-type: none"> Ken Suburi 5-7 Migi No Awase Hidari No Awase Jo Suburi 1-10
Kata Dori	<ul style="list-style-type: none"> Ikkyo Nikyo Shiho Nage Kote Gaeshi 	Shomen Uchi	<ul style="list-style-type: none"> Nikyo 		
Ryote Dori	<ul style="list-style-type: none"> Tenchi Nage 	Ryote Dori	<ul style="list-style-type: none"> Kokyu Ho 		
Ushiro Ryote Dori	<ul style="list-style-type: none"> Ikkyo Nikyo Sankyo 				
Shomen Uchi	<ul style="list-style-type: none"> Kote Gaeshi Uchi Kaiten Sankyo Uchi Kaiten Nage 				
Yokomen Uchi	<ul style="list-style-type: none"> Ikkyo Nikyo Irimi Nage Kote Gaeshi Shiho Nage 				
Chudan Tsuki	<ul style="list-style-type: none"> Ude Kime Nage Rokkyo (Hiji Kime Osae) 				
Other					
N/A					

SANKYU (3rd KYU)

Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)		Buki Waza (Weapons Techniques)
Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> • Kokyu Nage x2 • Koshi Nage 	Ai Hanmi Katate Dori	<ul style="list-style-type: none"> • Kote Gaeshi 	Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> • Shiho Nage • Uchi Kaiten Nage 	<ul style="list-style-type: none"> • Go No Awase • Shichi No Awase • Jo Suburi 11-20 • San Ju Ichi No Jo (31 Jo Kata) <p>Tanto Dori <u>Chudan Tsuki:</u></p> <ul style="list-style-type: none"> • Kote Gaeshi • Rokkyo (Hiji Kime Osae) <p><u>Yokomen Uchi:</u></p> <ul style="list-style-type: none"> • Gokyo
Morote Dori	<ul style="list-style-type: none"> • Ikkyo • Nikyo • Shiho Nage • Kote Gaeshi 	Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> • Sankyo • Yonkyo 			
Ryote Dori	<ul style="list-style-type: none"> • Ikkyo • Uchi Kaiten Nage 	Shomen Uchi	<ul style="list-style-type: none"> • Irimi Nage • Kote Gaeshi 			
Ushiro Ryote Dori	<ul style="list-style-type: none"> • Irimi Nage • Shiho Nage • Kote Gaeshi 	Ryo Kata Dori	<ul style="list-style-type: none"> • Ikkyo 			
Shomen Uchi	<ul style="list-style-type: none"> • Yonkyo • Shiho Nage 					
Yokomen Uchi	<ul style="list-style-type: none"> • Sankyo • Yonkyo • Uchi Kaiten • Sankyo 					
Chudan Tsuki	<ul style="list-style-type: none"> • Ikkyo • Soto Kaiten Nage 					
Other						
N/A						

NIKYU (2nd KYU)

Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)		Buki Waza (Weapons Techniques)
Kata Dori Menuchi	<ul style="list-style-type: none"> Ikkyo Irimi Nage Shiho Nage Kote Gaeshi Koshi Nage 	Kata Dori Menuchi	<ul style="list-style-type: none"> Ikkyo Nikyo 	Gyaku Hanmi Katate Dori	<ul style="list-style-type: none"> Soto Kaiten Nage 	<ul style="list-style-type: none"> Happo Giri Ju San No Jo (13 Jo Kata)
Mune Dori	<ul style="list-style-type: none"> Ikkyo Uchi Kaiten Sankyo Irimi Nage Kote Gaeshi 	Ryo Kata Dori	<ul style="list-style-type: none"> Nikyo Sankyo Yonkyo 	Ryote Dori	<ul style="list-style-type: none"> Shiho Nage 	Tanto Dori <u>Yokomen Uchi:</u> <ul style="list-style-type: none"> Gokyo Shiho Nage
Ryote Dori	<ul style="list-style-type: none"> Shiho Nage Kokyu Nage 					Tachi Dori <u>Shomen Uchi:</u> <ul style="list-style-type: none"> Kokyu Ho Kokyu Nage
Ushiro Ryote Dori	<ul style="list-style-type: none"> Yonkyo Kokyu Nage Koshi Nage 					
Ushiro Katate Dori Kubi Shime	<ul style="list-style-type: none"> Ikkyo 					
Ushiro Ryo Hiji Dori	<ul style="list-style-type: none"> Ikkyo Sankyo Kokyo Ho (Sokumen Irimi Nage) 					
Yokomen Uchi	<ul style="list-style-type: none"> Ude Kime Nage Koshi Nage 					
Jodan Tsuki	<ul style="list-style-type: none"> Ikkyo Nikyo Sankyo Irimi Nage 					
Other						
<u>Jiyu Waza Randori:</u> Gyaku Hanmi Katate Dori						

IKKYU (1st KYU)

Tachi Waza (Standing Techniques)		Suwari Waza (Sitting Techniques)		Hanmi Handachi (Sitting vs. Standing)		Buki Waza (Weapons Techniques)
Mune Dori Menuchi	<ul style="list-style-type: none"> Ikkyo Nikyo Sankyo Shiho Nage Koshi Nage 	Kata Dori Menuchi	<ul style="list-style-type: none"> Irimi Nage Kote Gaeshi 	Yokomen Uchi	<ul style="list-style-type: none"> Irimi Nage Kote Gaeshi 	<ul style="list-style-type: none"> Ken Suburi 1-7 Ki Musubi No Tachi Jo Suburi x3 (Any 3 from 1-20 chosen by examiner) <p>Tachi Dori <u>Shomen Uchi:</u></p> <ul style="list-style-type: none"> Yonkyo Kote Gaeshi Shiho Nage <p>Jo Dori <u>Chudan Tsuki:</u></p> <ul style="list-style-type: none"> Ikkyo Shiho Nage Kokyu Nage x2
Ushiro Ryote Dori	<ul style="list-style-type: none"> Kokyu Ho (Sokumen Irimi Nage) Kokyu Nage x2 			Ushiro Ryo Kata Dori	<ul style="list-style-type: none"> Ikkyo Nikyo Sankyo Kokyu Nage 	
Ushiro Ryo Hiji Dori	<ul style="list-style-type: none"> Irimi Nage Shiho Nage Kote Gaeshi Kokyu Nage 					
Ushiro Ryo Kata Dori	<ul style="list-style-type: none"> Ikkyo Nikyo Kokyu Nage 					
Ushiro Katate Dori Kubi Shime	<ul style="list-style-type: none"> Nikyo Sankyo Kote Gaeshi 					
Ushiro Katate Eri Dori	<ul style="list-style-type: none"> Ikkyo Nikyo Sankyo Irimi Nage 					
Jodan Tsuki	<ul style="list-style-type: none"> Irimi Nage Soto Kaiten Nage Koshi Nage Ushiro Kiri Otoshi 					
Other						
<u>Jiyu Waza Randori:</u> Ryote Dori						