

## **10 Kyu - Yellow Belt (35 classes)**

### **Demonstration**

1. Shikko (knee walking, forward)
2. Ukemi
  - a. Forward roll from kneeling and standing
  - b. Backward roll from kneeling and standing
3. Hanmi (right and left stance)
  - a. Ai Hanmi (blending stance)
  - b. Gyakyu Hanmi (opposing stance)
4. Seiza (formal sitting position)
5. Rei (bowing)
6. Irimi (entering movement)
7. Tenkan (pivot on front foot, sweep back foot)
8. Tenshin (back foot out, front foot back)
9. Kaiten (hip turn)

### **Technique**

1. Gyakyu Hanmi Katatetori Irimi Sumi-Otoshi
2. Gyakyu Hanmi Katatetori Tenkan Kokyu-Nage
3. Gyakyu Hanmi Katatetori Tenshin Kokyu-Nage
4. Suwari Waza: Kokyu Dosa

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## **10 Kyu - Yellow Belt, Black Stripe (35 classes)**

### **Demonstration**

1. Shikko (knee walking, forward)
2. Ukemi
  - a. Forward roll from standing
  - b. Backward roll from standing
3. Hanmi (right and left stance)
  - a. Ai Hanmi (blending stance)
  - b. Gyakyu Hanmi (opposing stance)
4. Seiza (formal sitting position)
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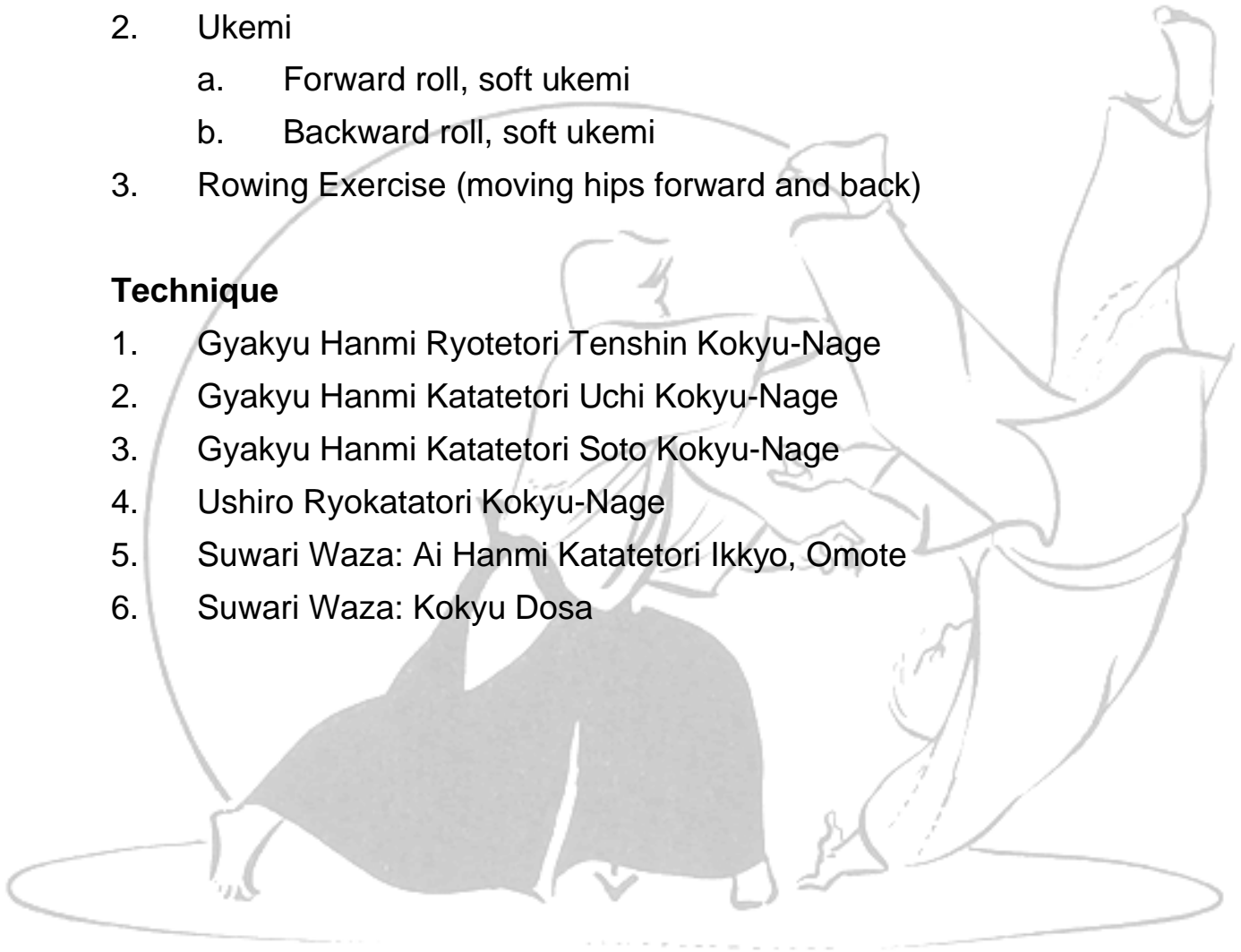
## **9 Kyu - Green Belt (45 classes)**

### **Demonstration**

1. Shikko (knee walking, forward with tenkan)
2. Ukemi
  - a. Forward roll, soft ukemi
  - b. Backward roll, soft ukemi
3. Rowing Exercise (moving hips forward and back)

### **Technique**

1. Gyakyu Hanmi Ryotetori Tenshin Kokyu-Nage
2. Gyakyu Hanmi Katatetori Uchi Kokyu-Nage
3. Gyakyu Hanmi Katatetori Soto Kokyu-Nage
4. Ushiro Ryokatatori Kokyu-Nage
5. Suwari Waza: Ai Hanmi Katatetori Ikkyo, Omote
6. Suwari Waza: Kokyu Dosa



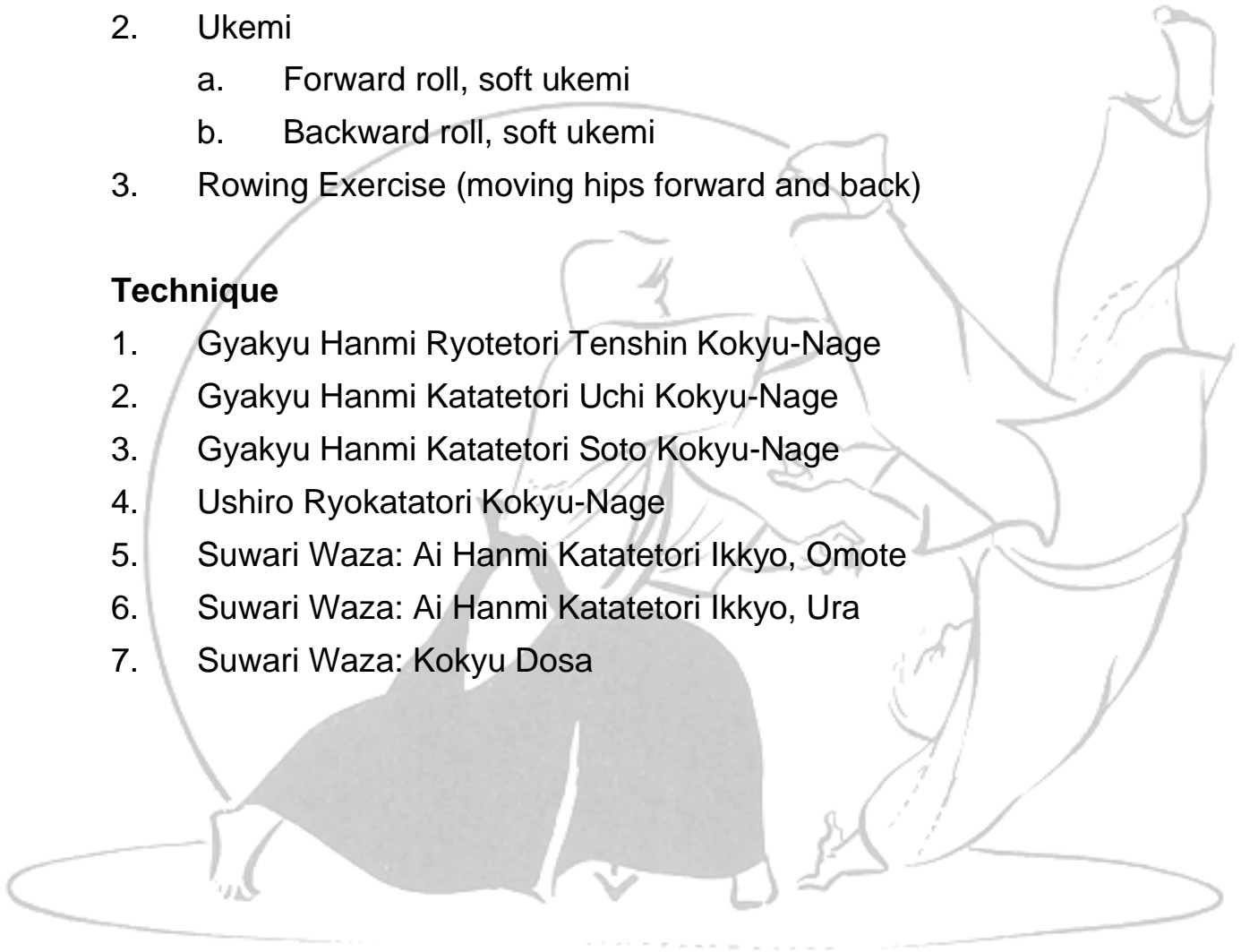
## **9 Kyu - Green Belt, Black Stripe (45 classes)**

### **Demonstration**

1. Shikko (knee walking, forward with tenkan)
2. Ukemi
  - a. Forward roll, soft ukemi
  - b. Backward roll, soft ukemi
3. Rowing Exercise (moving hips forward and back)

### **Technique**

1. Gyakyu Hanmi Ryotetori Tenshin Kokyu-Nage
2. Gyakyu Hanmi Katatetori Uchi Kokyu-Nage
3. Gyakyu Hanmi Katatetori Soto Kokyu-Nage
4. Ushiro Ryokatatori Kokyu-Nage
5. Suwari Waza: Ai Hanmi Katatetori Ikkyo, Omote
6. Suwari Waza: Ai Hanmi Katatetori Ikkyo, Ura
7. Suwari Waza: Kokyu Dosa



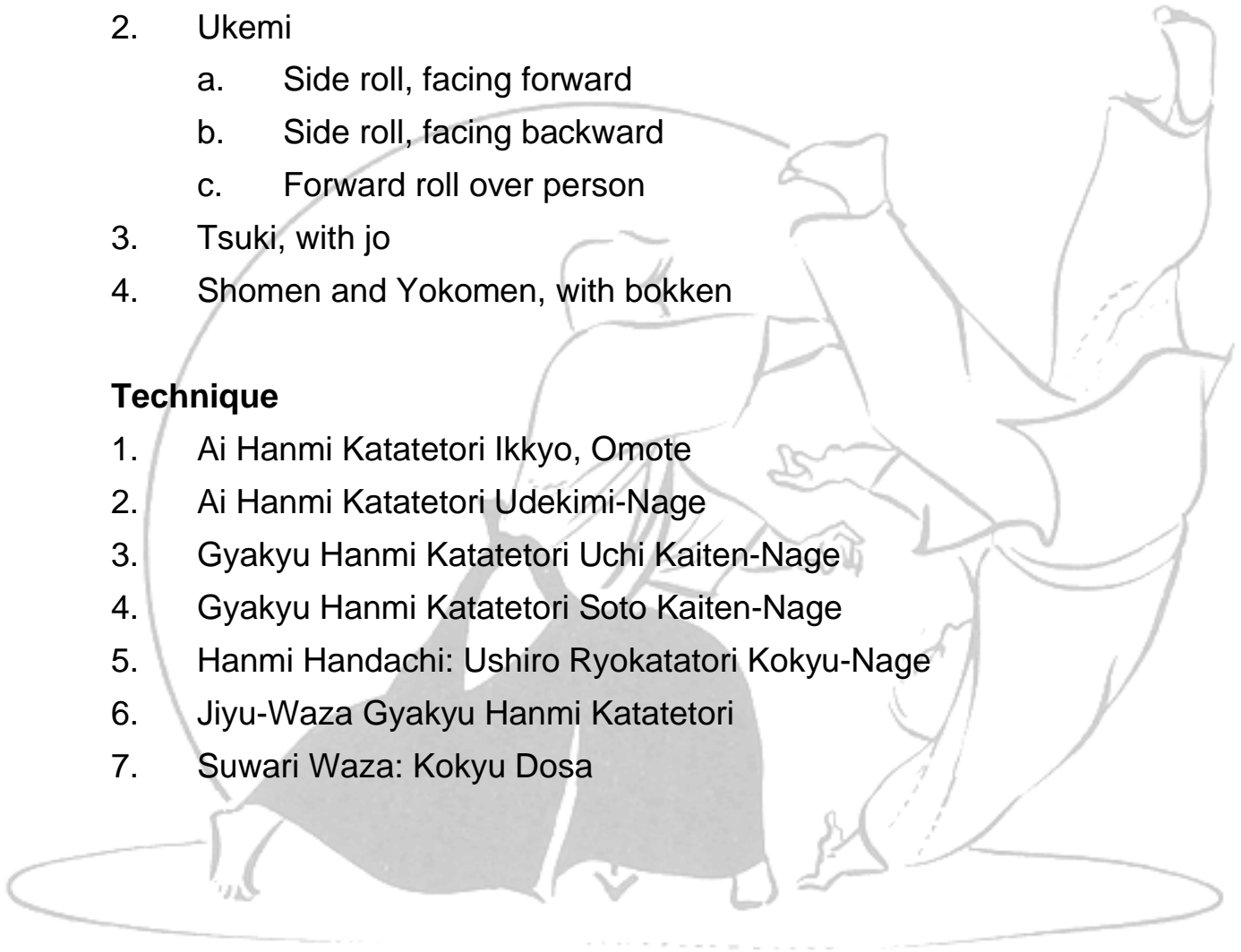
## **8 Kyu - Blue Belt (55 classes)**

### **Demonstration**

1. Shikko (knee walking, backwards)
2. Ukemi
  - a. Side roll, facing forward
  - b. Side roll, facing backward
  - c. Forward roll over person
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### **Technique**

1. Ai Hanmi Katatetori Ikkyo, Omote
2. Ai Hanmi Katatetori Udekimi-Nage
3. Gyakyu Hanmi Katatetori Uchi Kaiten-Nage
4. Gyakyu Hanmi Katatetori Soto Kaiten-Nage
5. Hanmi Handachi: Ushiro Ryokatatori Kokyu-Nage
6. Jiyu-Waza Gyakyu Hanmi Katatetori
7. Suwari Waza: Kokyu Dosa



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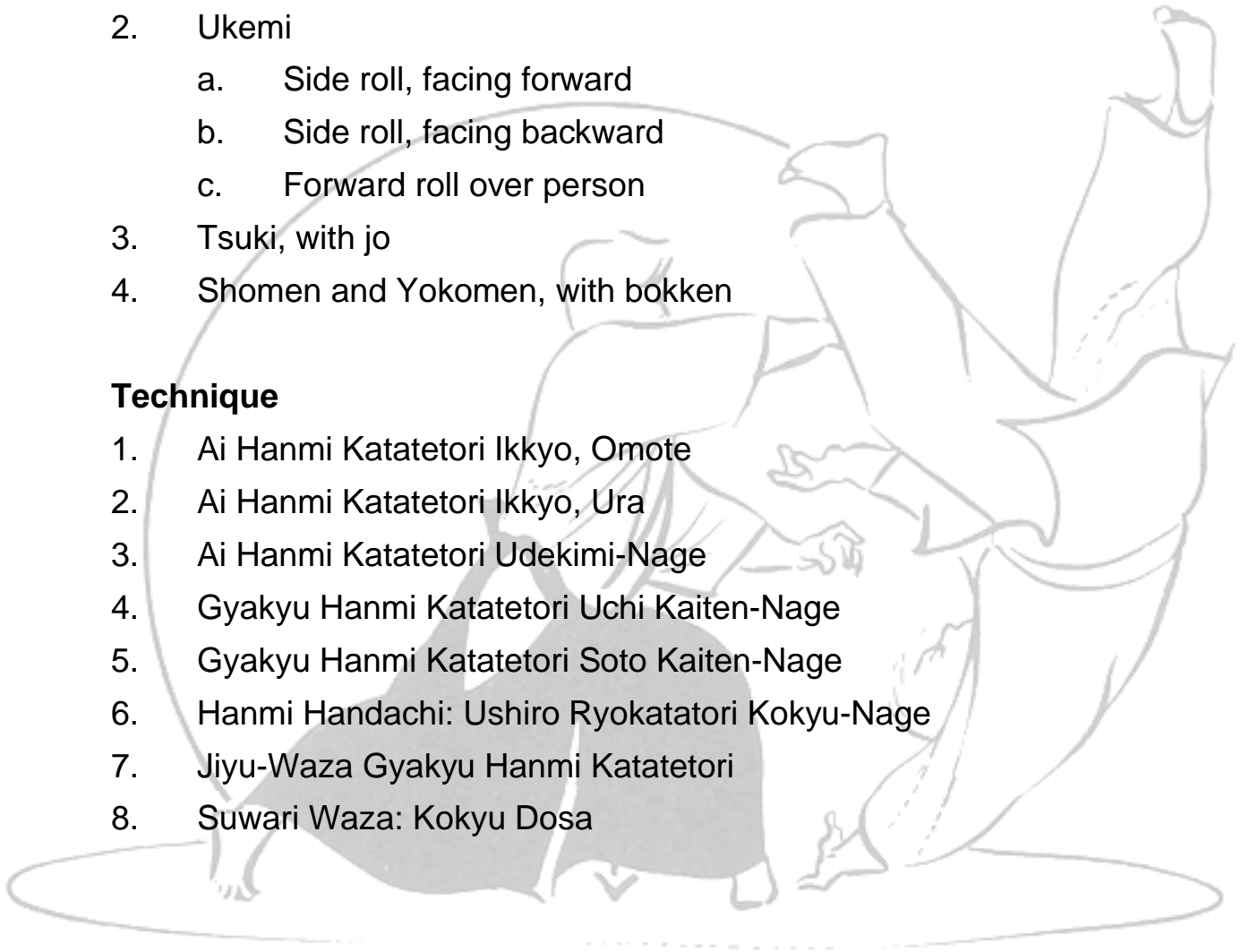
## **8 Kyu - Blue Belt, Black Stripe (55 classes)**

### **Demonstration**

1. Shikko (knee walking, backwards)
2. Ukemi
  - a. Side roll, facing forward
  - b. Side roll, facing backward
  - c. Forward roll over person
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### **Technique**

1. Ai Hanmi Katatetori Ikkyo, Omote
2. Ai Hanmi Katatetori Ikkyo, Ura
3. Ai Hanmi Katatetori Udekimi-Nage
4. Gyakyu Hanmi Katatetori Uchi Kaiten-Nage
5. Gyakyu Hanmi Katatetori Soto Kaiten-Nage
6. Hanmi Handachi: Ushiro Ryokatatori Kokyu-Nage
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8. Suwari Waza: Kokyu Dosa



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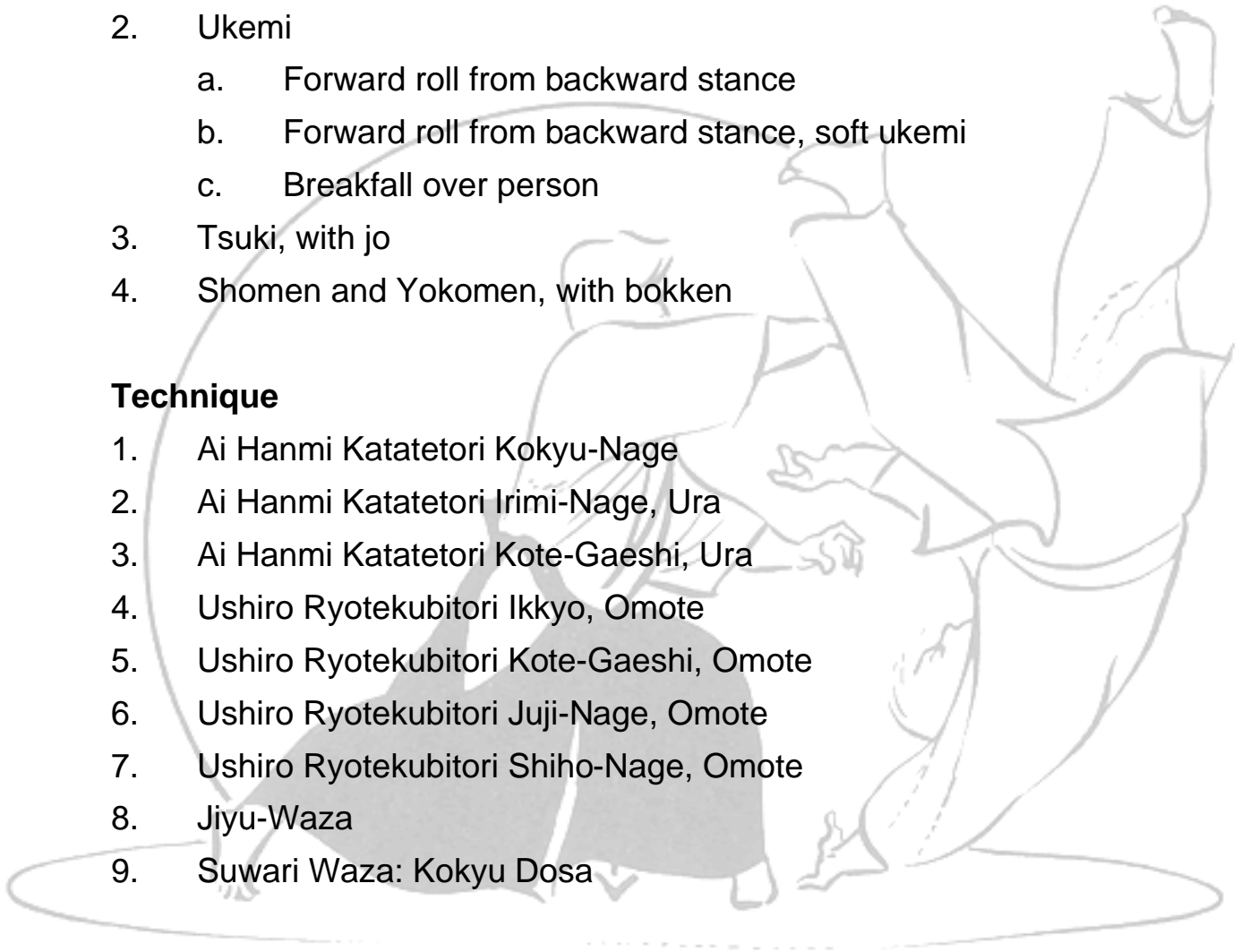
## 7 Kyu - Purple Belt (65 classes)

### Demonstration

1. Shikko (knee walking, forward with turns)
2. Ukemi
  - a. Forward roll from backward stance
  - b. Forward roll from backward stance, soft ukemi
  - c. Breakfall over person
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### Technique

1. Ai Hanmi Katatetori Kokyu-Nage
2. Ai Hanmi Katatetori Irimi-Nage, Ura
3. Ai Hanmi Katatetori Kote-Gaeshi, Ura
4. Ushiro Ryotekubitori Ikkyo, Omote
5. Ushiro Ryotekubitori Kote-Gaeshi, Omote
6. Ushiro Ryotekubitori Juji-Nage, Omote
7. Ushiro Ryotekubitori Shiho-Nage, Omote
8. Jiyu-Waza
9. Suwari Waza: Kokyu Dosa



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## **7 Kyu - Purple Belt, Black Stripe (65 classes)**

### **Demonstration**

1. Shikko (knee walking, forward with turns)
2. Ukemi
  - a. Forward roll from backward stance
  - b. Forward roll from backward stance, soft ukemi
  - c. Breakfall over person
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### **Technique**

1. Ai Hanmi Katatetori Kokyu-Nage
2. Ai Hanmi Katatetori Irimi-Nage, Omote and Ura
3. Ai Hanmi Katatetori Kote-Gaeshi, Omote and Ura
4. Ushiro Ryotekubitori Ikkyo, Omote and Ura
5. Ushiro Ryotekubitori Kote-Gaeshi, Omote and Ura
6. Ushiro Ryotekubitori Juji-Nage, Omote and Ura
7. Ushiro Ryotekubitori Shiho-Nage, Omote and Ura
8. Jiyu-Waza
9. Suwari Waza: Kokyu Dosa

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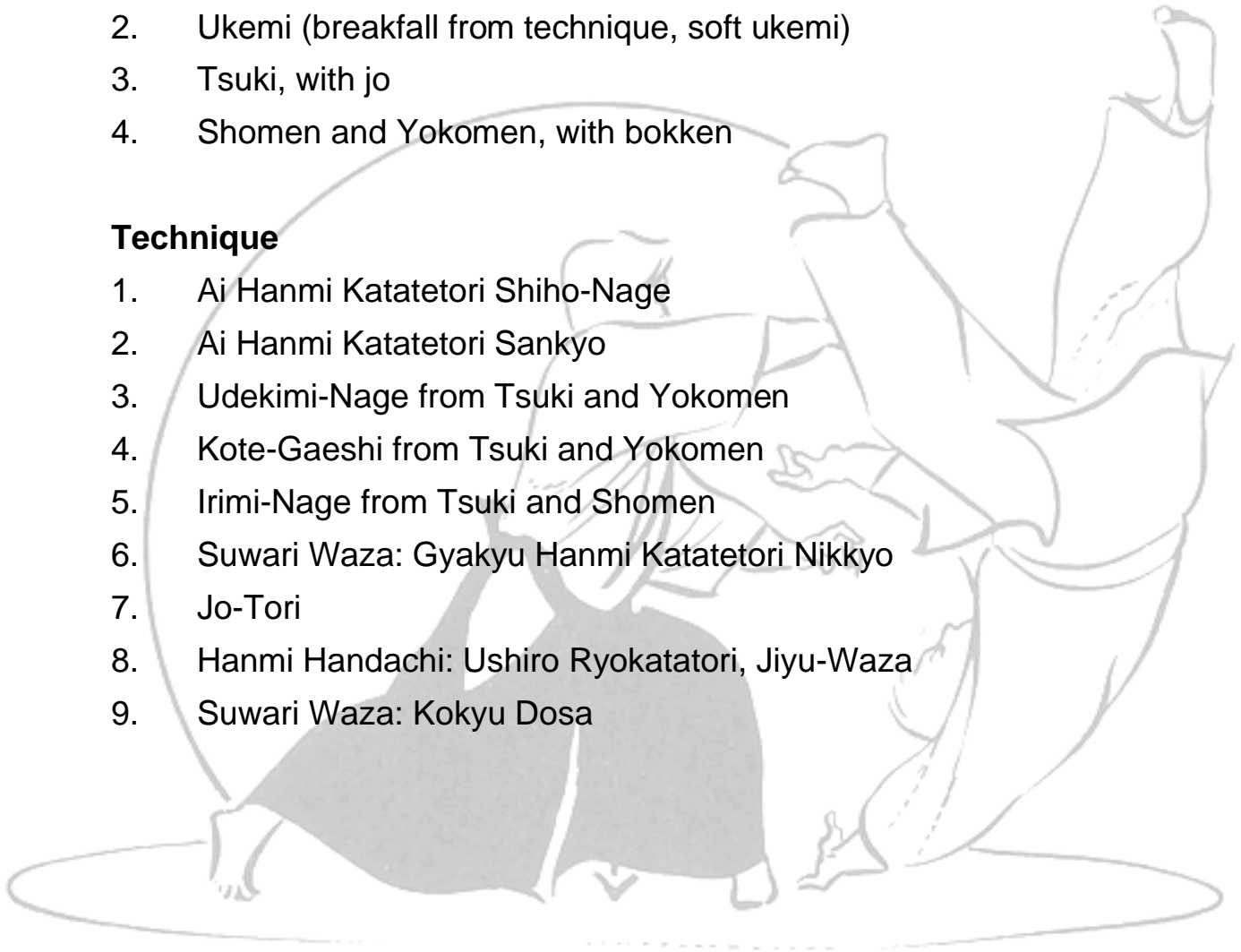
## **6 Kyu - Brown Belt (75 classes)**

### **Demonstration**

1. Shikko (knee walking, forward and backward with turns)
2. Ukemi (breakfall from technique, soft ukemi)
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### **Technique**

1. Ai Hanmi Katatetori Shiho-Nage
2. Ai Hanmi Katatetori Sankyo
3. Udekimi-Nage from Tsuki and Yokomen
4. Kote-Gaeshi from Tsuki and Yokomen
5. Irimi-Nage from Tsuki and Shomen
6. Suwari Waza: Gyakyu Hanmi Katatetori Nikkyo
7. Jo-Tori
8. Hanmi Handachi: Ushiro Ryokatatori, Jiyu-Waza
9. Suwari Waza: Kokyu Dosa



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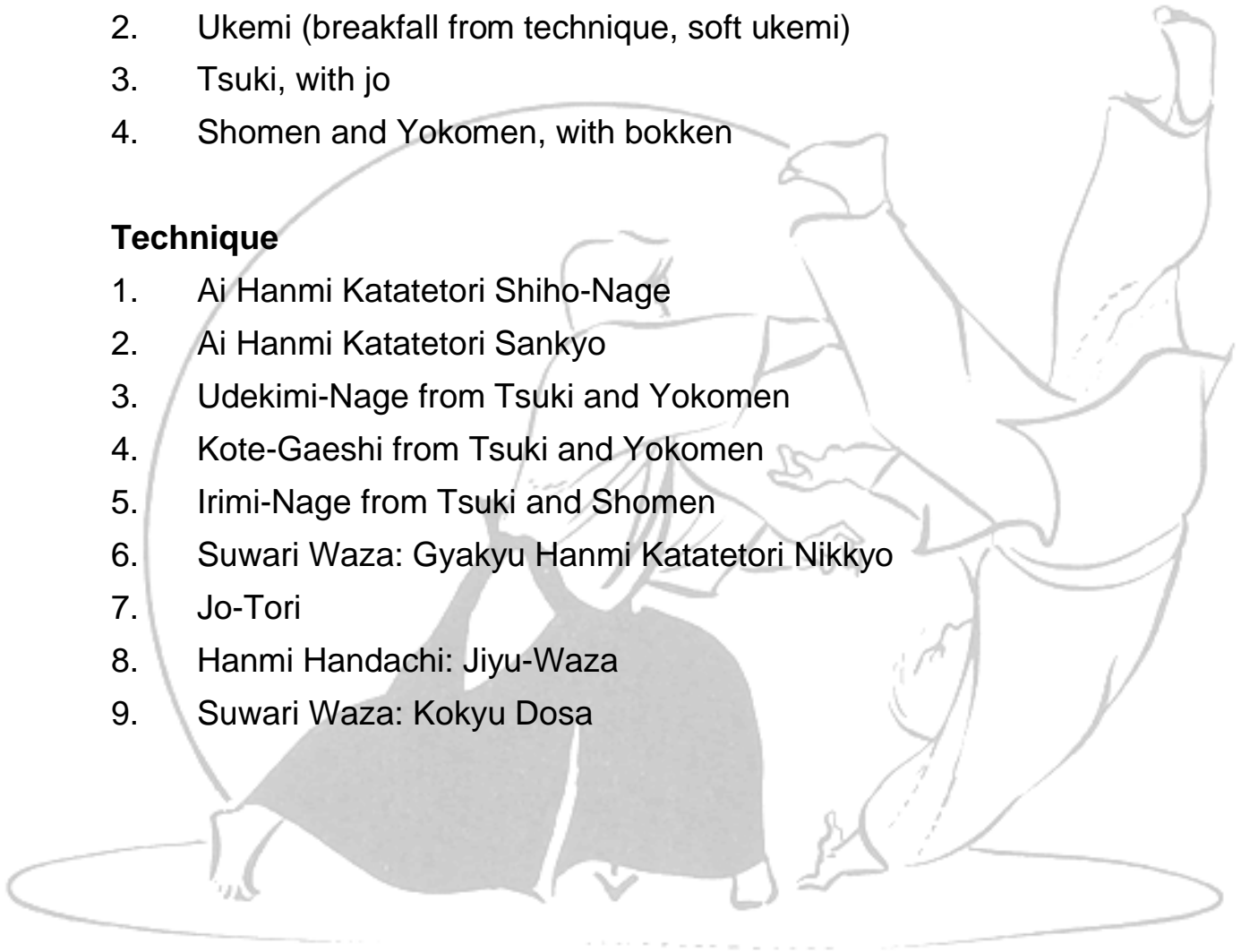
## **6 Kyu - Brown Belt, Black Stripe (75 classes)**

### **Demonstration**

1. Shikko (knee walking, forward and backward with turns)
2. Ukemi (breakfall from technique, soft ukemi)
3. Tsuki, with jo
4. Shomen and Yokomen, with bokken

### **Technique**

1. Ai Hanmi Katatetori Shiho-Nage
2. Ai Hanmi Katatetori Sankyo
3. Udekimi-Nage from Tsuki and Yokomen
4. Kote-Gaeshi from Tsuki and Yokomen
5. Irimi-Nage from Tsuki and Shomen
6. Suwari Waza: Gyakyu Hanmi Katatetori Nikkyo
7. Jo-Tori
8. Hanmi Handachi: Jiyu-Waza
9. Suwari Waza: Kokyu Dosa



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## Technique Description

### 10 Kyu

#### Gyakyu Hanmi Katatetori Irimi Sumi-Otoshi

Uke: wrist grab, back roll

Nage: irimi, cut at elbow

#### Gyakyu Hanmi Katatetori Tenkan Kokyu-Nage

Uke: wrist grab, forward roll

Nage: tenkan, sliding forward throw

#### Gyakyu Hanmi Katatetori Tenshin Kokyu-Nage

Uke: wrist grab, forward roll

Nage: tenshin, cut into forward throw

#### Suwari Waza: Kokyu Dosa

Uke: two handed wrist grab, from seiza

Nage: sweep partner to one side, from seiza

### 9 Kyu

#### Gyakyu Hanmi Ryotetori Tenshin Kokyu-Nage

Uke: two handed wrist grab, forward roll

Nage: tenshin, cut over head

#### Gyakyu Hanmi Katatetori Uchi Kokyu-Nage

Uke: wrist grab, forward roll

Nage: irimi-tenkan under arm, sliding forward throw

#### Gyakyu Hanmi Katatetori Soto Kokyu-Nage

Uke: wrist grab, forward roll

Nage: irimi-tenkan outside arm, sliding forward throw

#### Ushiro Ryokatatori Kokyu-Nage

Uke: two handed shoulder grab from behind, forward roll

Nage: drop into forward throw

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Suwari Waza: Ai Hanmi Katatetori Ikkyo, Omote

Uke: wrist grab, from seiza

Nage: irimi, elbow turn and pin

Suwari Waza: Ai Hanmi Katatetori Ikkyo, Ura

Uke: wrist grab, from seiza

Nage: irimi-tenkan, elbow turn and pin

Suwari Waza: Kokyu Dosa

Uke: two handed wrist grab, from seiza

Nage: sweep partner to one side, pin, from seiza

## **8 Kyu**

Ai Hanmi Katatetori Ikkyo, Omote

Uke: wrist grab

Nage: irimi, elbow turn and pin

Ai Hanmi Katatetori Ikkyo, Ura

Uke: wrist grab

Nage: irimi-tenkan, elbow turn and pin

Ai Hanmi Katatetori Udekimi-Nage

Uke: wrist grab, forward roll

Nage: irimi-tenkan, elbow throw

Gyakyu Hanmi Katatetori Uchi Kaiten-Nage

Uke: wrist grab, side roll

Nage: irimi-tenkan under arm, rotary throw

Gyakyu Hanmi Katatetori Soto Kaiten-Nage

Uke: wrist grab, side roll

Nage: irimi-tenkan outside arm, rotary throw

Hanmi Handachi: Ushiro Ryokatatori Kokyu-Nage

Uke: two handed shoulder grab from behind, forward roll

Nage: drop into forward throw, from seiza

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Jiyu-Waza Gyakyu Hanmi Katatetori  
Two person

Suwari Waza: Kokyu Dosa  
Uke: two handed wrist grab, from seiza  
Nage: sweep partner to one side, pin

## **7 Kyu**

Ai Hanmi Katatetori Kokyu-Nage  
Uke: wrist grab, backward ukemi  
Nage: irimi-kaiten, cut under chin

Ai Hanmi Katatetori Irimi-Nage, Ura  
Uke: wrist grab  
Nage: irimi-tenkan, cut under chin

Ai Hanmi Katatetori Irimi-Nage, Omote  
Uke: wrist grab  
Nage: irimi, cut under chin

Ai Hanmi Katatetori Kote-Gaeshi, Ura  
Uke: wrist grab  
Nage: irimi-tenkan, wrist turn out

Ai Hanmi Katatetori Kote-Gaeshi, Omote  
Uke: wrist grab  
Nage: irimi, wrist turn out

Ushiro Ryotekubitori Ikkyo, Omote  
Uke: two handed wrist grab from behind  
Nage: elbow turn and pin

Ushiro Ryotekubitori Ikkyo, Ura  
Uke: two handed wrist grab from behind  
Nage: elbow turn and pin

Ushiro Ryotekubitori Kote-Gaeshi, Omote  
Uke: two handed wrist grab from behind

Nage: wrist turn out

Ushiro Ryotekubitori Kote-Gaeshi, Ura

Uke: two handed wrist grab from behind

Nage: wrist turn out

Ushiro Ryotekubitori Juji-Nage, Omote

Uke: two handed wrist grab from behind

Nage: crossed arm throw

Ushiro Ryotekubitori Juji-Nage, Ura

Uke: two handed wrist grab from behind

Nage: crossed arm throw

Ushiro Ryotekubitori Shiho-Nage, Omote

Uke: two handed wrist grab from behind

Nage: four direction throw, applied at wrist

Ushiro Ryotekubitori Shiho-Nage, Ura

Uke: two handed wrist grab from behind

Nage: four direction throw, applied at wrist

Jiyu-Waza

Two person, any grab

Suwari Waza: Kokyu Dosa

Uke: two handed wrist grab, from seiza

Nage: sweep partner to one side, pin

## **6 Kyu**

Ai Hanmi Katatetori Shiho-Nage

Uke: wrist grab

Nage: four direction throw, applied at wrist

Ai Hanmi Katatetori Sankyo

Uke: wrist grab

Nage: elbow and wrist technique

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Udekimi-Nage from Tsuki and Yokomen

Uke: thrusting or diagonal strike

Nage: elbow throw

Kote-Gaeshi from Tsuki and Yokomen

Uke: thrusting or diagonal strike

Nage: wrist turn out

Irimi-Nage from Tsuki and Shomen

Uke: thrusting or overhead strike

Nage: enter and cut under chin

Suwari Waza: Gyakyu Hanmi Katatetori Nikkyo

Uke: wrist grab, from seiza

Nage: elbow and wrist technique

Jo-Tori

From grabs

Hanmi Handachi: Ushiro Ryokatatori, Jiyu-Waza

Two person

Hanmi Handachi: Jiyu-Waza

Two person

Suwari Waza: Kokyu Dosa

Uke: two handed wrist grab, from seiza

Nage: sweep partner to one side, pin

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