

### **6th Kyu, (40 Training Days)**

Front & Back Rolls  
Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Shomen-Uchi Ikkyo, (Omote & Ura)  
Shomen-Uchi Nikyo, (Omote & Ura)  
Shomen-Uchi Irimi-Nage  
Tsuki Kote-Gaeshi  
Kokyu Dosa

### **5th Kyu, (40 Training Days After 6th Kyu)**

Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Shomen-Uchi Ikkyo, (Omote & Ura)  
Shomen-Uchi Nikyo, (Omote & Ura)  
Shomen-Uchi Irimi-Nage  
Tsuki Kote-Gaeshi  
Katate-Dori Shiho-Nage, (Omote & Ura)  
Katate-Dori, Sumi-Otoshi  
Kokyu Dosa

### **4th Kyu, (60 Training Days After 5th Kyu)**

Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Shomen-Uchi Ikkyo, (Omote & Ura)  
Shomen-Uchi Irimi-Nage  
Kata-Dori Nikyo & Rokyo (Omote & Ura)  
Tsuki Kote Gaeshi  
Katate-Dori Shiho-Nage, (Omote & Ura)  
Katate-Dori Sumi-Otoshi  
Katate-Dori Kaiten-Nage, (Uchi & Soto)  
Jo Awase Ikkyo ~ Gokyo, (Mirror)  
Ni-Nin Gakei, (2 Person Freestyle)  
Kokyu Dosa

### **3rd Kyu, (80 Training Days After 4th Kyu)**

Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Suwari-Waza Ikkyo~Rokyo, (Omote & Ura)  
Yokomen-Uchi Ikkyo~Rokyo, (Omote & Ura)  
Ryote-Dori Tenchi-Nage  
Various Irimi-Nage  
Tsuki Kote-Gaeshi  
Choke Escape From Rear  
Naked Choke From Back  
Umpa Escape From Mount  
Yokomen-Uchi Shiho-Nage, (Omote & Ura)  
Shomen-Uchi Kaiten-Nage, (Uchi & Soto)  
3 Koshi-Nage  
Jo & Bokken, Ikkyo & Nikyo, (Omote & Ura)  
Ni-Nin Gakei, (2 Person Freestyle)  
Kokyu Dosa

### **2nd Kyu, (100 Training Days After 3rd Kyu)**

Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Suwari-Waza Ikkyo ~ Rokyo, (Omote & Ura)  
Hanmi Handachi Katate-Dori Shiho-Nage  
Hanmi Handachi Ryote-Dori Shiho-Nage  
Kata-Dori Ikkyo ~ Rokyo, (Omote & Ura)  
Various Irimi-Nage  
Tsuki Kote-Gaeshi  
Yokomen-Uchi Shiho-Nage, (Omote & Ura)  
Shomen-Uchi Sumi-Otoshi  
Katate-Dori Kaiten-Nage, (Uchi & Soto)  
Gamen Tsuki Rokyo  
Various Attacks, Grab & Punch, Self Defense Applications  
Choke Escape From Rear  
Various Koshi-Nage, (Including a throw from Ushiro)  
6 Ushiro Variations  
Tanto-Waza  
Tachi-Dori, (Bokken Taking)  
Bokken Ikkyo ~ Sankyo, (Omote & Ura)  
San-Nin Gakei, (3 Person Freestyle)  
Kokyu Dosa

### **1st Kyu, (150 Training Days After 2nd Kyu)**

Tai No Henko  
Morote-Dori Kokyuho, (Omote & Ura)  
Suwari-Waza Kata-Dori Ikkyo ~ Rokyo, (Omote & Ura)  
Hanmi Handachi Katate-Dori Shiho-Nage, (Omote & Ura)  
Hanmi Handachi Ryote-Dori Shiho-Nage, (Omote & Ura)  
Ushiro Ryote-Dori Ikkyo ~ Rokyo, (Omote & Ura)  
Ryote-Dori Tenchi-Nage  
Various Irimi-Nage  
Tsuki Kote-Gaeshi  
Yokomen-Uchi Shiho-Nage, (Omote & Ura)  
Katate-Dori Kaiten-Nage, (Uchi & Soto)  
Various Koshi-Nage, (Including a throw from Ushiro)  
Various Attacks, Grab & Punch, Self Defense Applications  
Head Lock Escape  
Umpa Escape From Mount  
Tanto Waza  
Jo-Nage & Jo-Dori  
Jo Ikkyo ~ Sankyo, (Omote & Ura)  
Misogi Jo  
San-Nin Gakei, (3 Person Freestyle)  
Kokyu Dosa

## **Shodan Test, (One Year Minimum After 1st Kyu)**

Tai No Henko

Morote-Dori Kokyuho, (Omote & Ura)

Suwari-Waza Shomen-Uchi Ikkyo ~ Rokyo, (Omote & Ura)

Hanmi Handachi Katate-Dori Shiho-Nage, (Omote & Ura)

Hanmi Handachi Ryote-Dori Shiho-Nage, (Omote & Ura)

Hanmi Handachi Ushiro Ryote-Dori, 6 Variations

Yokomen-Uchi Ikkyo ~ Rokyo, (Omote & Ura)

Ryote-Dori Tenchi-Nage

Tsuki Kote-Gaeshi

Shomen-Uchi Irimi-Nage

Katate-Dori Kaiten-Nage, (Uchi & Soto)

Various Koshi-Nage, (Including a throw from Ushiro)

Various Attacks, Punch & Grab, Self Defense Applications

Choke Escape From Rear

Tanto Waza, (Tsuki, Yokomen, Slash, Kubi-Shime)

Bokken & Jo- Ikkyo & Nikyo, (Omote & Ura)

Misogi Jo

San-Nin Gakei (3 Person Attack)

Kokyu Dosa

## **Nidan Test (2 Years Minimum After Shodan)**

Tai No Henko

Morote-Dori Kokyuho, (Omote & Ura)

Suwari-Waza Shomen-Uchi Ikkyo ~ Rokyo, (Omote & Ura)

Hanmi Handachi Katate-Dori Shiho-Nage, (Omote & Ura)

Hanmi Handachi Ryote-Dori Shiho-Nage, (Omote & Ura)

Yokomen-Uchi Ikkyo ~ Rokyo, (Omote & Ura)

Ryote-Dori Tenchi-Nage

Tsuki Kote-Gaeshi

Shomen-Uchi Irimi-Nage

Katate-Dori Kaiten-Nage, (Uchi & Soto)

Various Koshi-Nage (Including a throw from Ushiro)

Ushiro Variations

Various Kaeshi-Waza

Various Henka-Waza

Various Attacks, Punch & Grab, Self Defense Applications

Head Lock Escape

Tanto Waza, (Tsuki, Yokomen, Slash, Kubi-Shime)

Jo-Nage & Jo-Dori

Bokken & Jo, Nikyo & Sankyo, (Omote & Ura)

San-Nin Gakei (3 Person Attack)

Kokyu Dosa

## **Sandan Test (3 Years Minimum After Nidan)**

Tai No Henko

Morote-Dori Kokyuho, (Omote & Ura)

Suwari-Waza Shomen-Uchi Ikkyo ~ Rokyo (Omote & Ura)

Hanmi Handachi, Block

Yokomen-Uchi, Ikkyo ~ Rokyo (Omote & Ura)

Various Basic Technique

Various Koshi-Nage, (Including attacks from Ushiro)

Ushiro Variations

Various Kaeshi-Waza

Various Henka-Waza

Various Attacks, Punch & Grab, Self Defense Applications

Tanto Waza

Jo-Nage & Jo-Dori

Bokken Tachi-Dori (Sword Taking)

Bokken & Jo, Ikkyo + Nikyo + Sankyō (Omote & Ura)

San-Nin Gakei (3 Person Attack)

Kokyu Dosa

## **Yondan (4 Years Minimum After Sandan)**

Same As Sandan Test Except:

Bokken & Jo Ikkyo ~ Yonkyo (Omote & Ura) \*No Yonkyo Ura

## **Godan By Recommendation**