

GRADING TECHNIQUES

JUNIOR RED

RED

YELLOW

ORANGE

GREEN

PURPLE

Recommended minimum period of training:

4 months

4 months

4 months

4 months

Under 10 years old : 8 months
10 years old & Above : 4 months

Under 10 years old : 8 months
10 years old & Above : 4 months

BASICS	CORE EXERCISE		Leopard Crawl	Leopard Crawl Spider Walk	Leopard Crawl Spider Walk			
	KNEE WORK		Seiza <i>Formal Seating</i>	Seiza Keiza	Shikko <i>Knee Walk</i>	Shikko <i>with Irimi Tenkan</i>	Shikko <i>with Irimi Tenkan</i> Back Shikko	Shikko <i>with Irimi Tenkan</i> Back Shikko
	FOOT WORK		Irimi <i>Entering Step</i>	Irimi + Kaiten + Back Irimi	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	MAE UKEMI	Forward Breakfall	Mae Ukemi <i>Forward Roll</i>	Forward Roll	Forward Roll	Forward Roll <i>Over a soft ball</i>	Forward Roll <i>Over two soft balls</i>	Forward Roll <i>Over big obstacle</i>
	USHIRO UKEMI	Backward Breakfall	Rocking	Rocking	Rocking Backward Roll	Rocking Backward Roll	Rocking Backward Roll	Rocking Backward Roll Rocking Shihonage

TECHNIQUES	IKKYO	First Lock	Katatedori Aihanmi <i>Omote</i>	Katatedori Aihanmi <i>Omote</i>	Katatedori Aihanmi <i>Omote + Ura</i> Katatedori Gyakuhanmi	Katatedori Gyakuhanmi Shomenuchi	Shomenuchi Yokomenuchi <i>Omote</i>	Katatedori Aihanmi Katatedori Gyakuhanmi Yokomenuchi Suwariwaza Shomenuchi <i>Omote with finishing lock</i>
	KOTEGAESHI	Wrist Lock Throw	Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Aihanmi Katatedori Gyakuhanmi <i>Hungry swimming</i>	Katatedori Gyakuhanmi Shomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Yokomenuchi <i>With finishing lock</i> <i>No standing lock required</i>
	SUMIOTOSHI	Corner Drop Throw	Katatedori Gyakuhanmi <i>Direct Point</i>	Katatedori Gyakuhanmi <i>Direct Point</i>	Katatedori Gyakuhanmi <i>Point + Elbow</i>	Katatedori Gyakuhanmi <i>Shoulder + Chin</i> Katatedori Aihanmi	Katatedori Gyakuhanmi Katatedori Aihanmi	Shomenuchi <i>Elbow only</i>
	IRIMINAGE	Entering Throw		Katatedori Aihanmi	Katatedori Aihanmi Katatedori Gyakuhanmi <i>Open Door or Drink Water</i>	Katatedori Gyakuhanmi Shomenuchi	Shomenuchi Yokomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi Yokomenuchi
	KOKYUNAGE	Breathing Throw		Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Gyakuhanmi <i>2 or 3 Steps</i>	Katatedori Gyakuhanmi Shomenuchi
	JIYUWAZA	Free Exercise			At least 2 throw techniques against Gyakuhanmi	At least 5 throws techniques against Gyakuhanmi	At least 5 throws techniques against Aihanmi & Gyakuhanmi	At least 5 throw techniques against Aihanmi & Gyakuhanmi
	KOKYUHO	Breath Exercise			Suwariwaza Ryotedori <i>Seated Two Wrist Catch Throw</i>	Suwariwaza Ryotedori Keiza Finish <i>Seated on toes</i>	Suwariwaza Ryotedori <i>Keiza Finish</i>	Suwariwaza Ryotedori <i>Keiza Finish</i>

*** **White Belt** age under 5 years old: Grading for **JUNIOR RED**
 *** **White Belt** age between 5 to 9 years old: Grading for **RED**
 *** **White Belt** age between 10 to 12 years old: Grading for **YELLOW**