

GRADING TECHNIQUES

BLUE

BLUE SILVER

BLUE GOLD

Recommended minimum period of training:

8 months

4 months

Under 17 years old : 4 months
17 years old and Above : 8 months

BASICS	FOCUS AREA		Good Posture Correct Positioning Smooth Coordination Firm Control	Good Posture Correct Positioning Smooth Coordination Firm Control	Good Posture Correct Positioning Smooth Coordination Firm Control
	KNEE WORK		Shikko <i>Forward</i>	Shikko <i>Forward + Irimi Tenkan</i>	Shikko <i>Forward + Irimi Tenkan</i>
	FOOT WORK		Irimi + Kaiten + Back Irimi Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	BODY WORK		Partnering Basic Catch <i>Aihanmi + Gyakuhanmi</i>	Gyakuhanmi Partnering Basic <i>Sumiotoshi Movement Tenkan Movement Kaitennage Uchi Movement</i>	Gyakuhanmi Partnering Basic <i>Sumiotoshi Movement Tenkan Movement Kaitennage Uchi Movement</i>
	MAE UKEMI	Forward Breakfall	Forward Roll	Forward Roll	Forward Roll
	USHIRO UKEMI	Backward Breakfall	Rocking Shihonage Rocking	Rocking Shihonage Rocking	Rocking Shihonage Rocking

TECHNIQUES	IKKYO	First Lock	Katatedori Aihanmi Shomenuchi	Katatedori Aihanmi Shomenuchi	Katatedori Aihanmi <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>
	NIKYO	Second Lock		Katadori <i>Omote</i>	Katadori
	IRIMINAGE	Entering Throw	Katatedori Aihanmi Shomenuchi	Katatedori Aihanmi Shomenuchi	Katatedori Aihanmi <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>
	SHIHONAGE	Four Direction Throw	Katatedori Aihanmi	Katatedori Aihanmi	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi
	KOKYUNAGE	Breath Throw	Katatedori Gyakuhanmi	Katatedori Gyakuhanmi	Katatedori <i>Aihanmi + Gyakuhanmi</i>
	TENCHINAGE	Heaven & Earth Throw		Ryotedori <i>Omote</i>	Ryotedori <i>Omote + Ura</i>
	JUJINAGE	Cross Arm Throw			Katatedori Aihanmi
	JIYUWAZA	Free Exercise	Katatedori Gyakuhanmi	Katatedori Gyakuhanmi	Katatedori <i>Aihanmi + Gyakuhanmi</i>

*** White Belt age 13 years old and above: Grading for BLUE

*** Blue Belt age under 17 years old: Grading for BLUE SILVER

*** Blue Belt age 17 years old and above: Grading for BLUE GOLD

(REVISED MAY 2024)