

GRADING TECHNIQUES

BROWN

BROWN SILVER

BROWN GOLD

Recommended minimum period of training:

8 months

4 months

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

BASICS	FOCUS AREA		Leading Movement Increased Speed	Leading Movement Increased Speed	Leading Movement Increased Speed
	KNEE WORK		Shikko <i>Forward + Irimi Tenkan</i>	Shikko <i>Forward + Irimi Tenkan</i>	Shikko <i>Forward + Irimi Tenkan</i>
	FOOT WORK		Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	BODY WORK			Ryotedori Partnering Basic <i>Kokyunage Movement</i> <i>Tenchinage Movement</i> <i>Shihonage Movement</i>	Ryotedori Partnering Basic <i>Kokyunage Movement</i> <i>Tenchinage Movement</i> <i>Shihonage Movement</i>
	MAE UKEMI	Forward Breakfall	Forward Roll <i>Over Obstacles</i> <i>Roll Slam</i>	Forward Roll <i>Over Obstacles</i> <i>Roll Slam</i>	Forward Roll <i>Over Obstacles</i> <i>Roll Slam</i>
	USHIRO UKEMI	Backward Breakfall	Backward Roll	Backward Roll	Backward Roll

TECHNIQUES	IKKYO	First Lock	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i>
	NIKYO	Second Lock	Katadori <i>Suwariwaza + Tachiwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Katadori <i>Suwariwaza + Tachiwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Katadori <i>Suwariwaza + Tachiwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>
	SANKYO	Third Lock	Suwariwaza Katadori Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Suwariwaza Katadori Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i>
	YONKYO	Forth Lock	Suwariwaza Katadori Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Suwariwaza Katadori Shomenuchi <i>Tachiwaza + Suwariwaza</i>	Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i>
	GOKYO	Fifth Lock		Yokomenuchi	Yokomenuchi
	IRIMINAGE	Entering Throw	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Tsuki	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Tsuki	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Tsuki
	SHIHONAGE	Four Direction Throw	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori Hanmihandachi Katatedori <i>Gyakuhanmi</i>	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori Hanmihandachi Katatedori <i>Gyakuhanmi</i>
	KOKYUNAGE	Breath Throw	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Yokomenuchi Shomenuchi
	TENCHINAGE	Heaven & Earth Throw	Ryotedori	Ryotedori	Ryotedori
	KOTEGAESHI	Wrist Lock Throw	Katatedori Shomenuchi Tsuki	Katatedori Shomenuchi Tsuki	Katatedori Shomenuchi Tsuki
	KAITENNAGE	Rotary Throw	Katatedori <i>Uchi + Soto</i>	Katatedori <i>Uchi + Soto</i>	Katatedori <i>Uchi + Soto</i> Shomenuchi
	JUJINAGE	Cross Arm Throw	Katatedori Aihanmi Ryotedori	Katatedori Aihanmi Ryotedori	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi
	JIYUWAZA	Free Exercise	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Morotedori
	TANTO WAZA				Defense against Tanto attacks

*** Brown Belt age under 17 years old: Grading for **BROWN SILVER**
*** Brown Belt age 17 years old and above: Grading for **BROWN GOLD**