

**GRADING
TECHNIQUES**

BLACK

BLACK SILVER

BLACK GOLD

Recommended minimum period of training:

12 months

8 months

Under 17 years old : 8 months
17 years old & Above : 16 months

BASIC		12 months	8 months	Under 17 years old : 8 months 17 years old & Above : 16 months
FOCUS AREA		<i>Able to show</i> Extension + Projection Ukemi Receiving	<i>Able to show</i> Extension + Projection Ukemi Receiving	<i>Able to show</i> Extension + Projection Ukemi Receiving
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		Partnering <i>All Catches + Strikes</i>	Partnering <i>All Catches + Strikes</i>	Partnering <i>All Catches + Strikes</i>
MAE UKEMI	Forward Breakfall	Forward Kaiten Roll Soft Roll over Partner <i>Table</i>	Forward Kaiten Roll Soft Roll over Partner <i>Table</i>	Forward Kaiten Roll Soft Roll over Partner <i>Table</i>
USHIRO UKEMI	Backward Breakfall	Backward Yoko Roll Backward Kaiten Roll	Backward Yoko Roll Backward Kaiten Roll	Backward Yoko Roll Backward Kaiten Roll
TECHNIQUES	IKKYO	First Lock Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Katadori <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori
	NIKYO	Second Lock Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori
	SANKYO	Third Lock Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori
	YONKYO	Forth Lock Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori	Katadori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Yokomenuchi Ushiro Ryotedori
	GOKYO	Fifth Lock Yokomenuchi	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 Yokomenuchi Ushiro Ryotedori	Katatedori <i>Tachiwaza + Suwariwaza</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i> Tsuki Yokomenuchi Ushiro Ryotedori

TECHNIQUES	SHIHONAGE	Four Direction Throw	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori Hanmihandachi <i>Gyakuhanmi + Ryotedori + Morotedori</i>	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori Hanmihandachi <i>Gyakuhanmi + Ryotedori + Morotedori</i>	Katatedori <i>Aihanmi + Gyakuhanmi</i> Yokomenuchi Ryotedori Hanmihandachi <i>Gyakuhanmi + Ryotedori + Morotedori</i> Shomenuchi Ushiro Ryotedori
	KOKYUNAGE	Breath Throw	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Yokomenuchi Shomenuchi Tsuki	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Yokomenuchi Shomenuchi Tsuki	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Yokomenuchi Shomenuchi Tsuki Ushiro Ryotedori
	TENCHINAGE	Heaven & Earth Throw	Ryotedori Tsuki	Ryotedori Tsuki	Ryotedori Tsuki Yokomenuchi Shomenuchi Ushiro Ryotedori
	KOTEGAESHI	Wrist Lock Throw	Katatedori Shomeuchi Tsuki	Katatedori Shomeuchi Tsuki	Katatedori Shomeuchi Tsuki Yokomenuchi Ushiro Ryotedori
	KAITENNAGE	Rotary Throw	Katatedori <i>Uchi + Soto</i> Shomenuchi Tsuki	Katatedori <i>Uchi + Soto</i> Shomenuchi Tsuki	Katatedori <i>Uchi + Soto</i> Shomenuchi Tsuki Yokomenuchi Ushiro Ryotedori
	JUJINAGE	Cross Arm Throw	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Ryotedori	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Ryotedori
	JUJIGARAMI	Cross Arm Entanglement	Morotedori	Morotedori	Morotedori Ushiro Ryotedori
	KOSHINAGE	Hip Throw	Katatedori	Katatedori	Katatedori Yokomenuchi Shomenuchi
	JIYUWAZA	Free Exercise	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Morotedori Shomenuchi Yokomenuchi Tsuki Ushiro Attacks	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Morotedori Shomenuchi Yokomenuchi Tsuki Ushiro Attacks	Katatedori <i>Aihanmi + Gyakuhanmi</i> Ryotedori Morotedori Shomenuchi Yokomenuchi Tsuki Ushiro Attacks Hanmihandachi <i>2 Attackers</i>
	JO WAZA		7 Jo Suburi	7 Jo Suburi	7 Jo Suburi Defense against Jo Attacks 31 Jo Kata
	KEN WAZA		7 Ken Suburi Defence against Bokken Attacks	7 Ken Suburi Defence against Bokken Attacks	7 Ken Suburi Defence against Bokken Attacks
TANTO WAZA		Defence against Tanto Attacks	Defence against Tanto Attacks	Defence against Tanto Attacks	

*** **Black Belt age under 17 years old: Grading for BLACK SILVER**
 *** **Black Belt age 17 years old and above: Grading for BLACK GOLD**

(REVISED MAY 2024)