

GRADING TECHNIQUES			JUNIOR RED		RED	YELLOW	ORANGE	GREEN	PURPLE
Recommended minimum period of training:			4 months	4 months	4 months	4 months	4 months	8 months	8 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	Forward Roll	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 <i>Aihanmi (Omote)</i>	Katatedori <i>Aihanmi (Omote)</i>	Katatedori <i>Aihanmi (Omote + Ura)</i> Katatedori <i>Gyakuhanmi</i>	Katatedori <i>Gyakuhanmi</i> Shomenuchi	Shomenuchi Yokomenuchi <i>Omote</i>	Katatedori Yokomenuchi Suwariwaza Shomenuchi <i>Omote with finishing lock</i>	
	KOTEGAESHI	Wrist Lock Throw	Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i> Katatedori <i>Gyakuhanmi (Hungry swimming)</i>	Katatedori <i>Gyakuhanmi</i> Shomenuchi	Katatedori Yokomenuchi <i>With finishing lock</i> <i>No standing lock required</i>	
	SUMIOTOSHI	Corner Drop Throw	Katatedori <i>Gyakuhanmi (Direct Point)</i>	Katatedori <i>Gyakuhanmi (Direct Point)</i>	Katatedori <i>Gyakuhanmi (Point + Elbow)</i>	Katatedori <i>Gyakuhanmi (Shoulder + Chin)</i> Katatedori <i>Aihanmi</i>	Katatedori	Shomenuchi <i>Elbow only</i>	
	IRIMINAGE	Entering Throw		Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i> Katatedori Gyakuhanmi <i>Gyakuhanmi (Open Door / Drink Water)</i>	Katatedori <i>Gyakuhanmi</i> Shomenuchi	Shomenuchi Yokomenuchi	Katatedori Shomenuchi Yokomenuchi	
	KOKYUNAGE	Breathing Throw		Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i>	Katatedori <i>Gyakuhanmi (2 or 3 Steps)</i>	Katatedori <i>Gyakuhanmi</i> 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

White, Red, Yellow, Orange & Green Belts age 13 years old and above: Grading for BLUE