

GRADING TECHNIQUES			17 years old and Above 8 months		
			BLUE	BLUE SILVER	BLUE GOLD
Recommended minimum period of training:			4 months	4 months	4 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</i> <i>Tenkan Movement</i> <i>Kaitennage Uchi Movement</i>	Gyakuhanmi Partnering Basic <i>Sumiotoshi Movement</i> <i>Tenkan Movement</i> <i>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 <i>Aihanmi</i> Shomenuchi	Katatedori <i>Aihanmi</i> Shomenuchi	Katatedori <i>Aihanmi (Tachiwaza + Suwariwaza)</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>
	NIKYO	Second Lock		Katadori <i>Omote</i>	Katadori
	IRIMINAGE	Entering Throw	Katatedori <i>Aihanmi</i> Shomenuchi	Katatedori <i>Aihanmi</i> Shomenuchi	Katatedori <i>Aihanmi (Tachiwaza + Suwariwaza)</i> Shomenuchi <i>Tachiwaza + Suwariwaza</i>
	SHIHONAGE	Four Direction Throw	Katatedori <i>Aihanmi</i>	Katatedori <i>Aihanmi</i>	Katatedori Yokomenuchi
	KOKYUNAGE	Breath Throw	Katatedori <i>Gyakuhanmi</i>	Katatedori <i>Gyakuhanmi</i>	Katatedori
	TENCHINAGE	Heaven & Earth Throw		Ryotedori <i>Omote</i>	Ryotedori
	JUJINAGE	Cross Arm Throw			Katatedori <i>Aihanmi</i>
	JIYUWAZA	Free Exercise	Katatedori <i>Gyakuhanmi</i>	Katatedori <i>Gyakuhanmi</i>	Katatedori
*** White, Red, Yellow, Orange & Green age 13 years old and above: Grading for BLUE *** Blue age under 17 years old: Grading for BLUE SILVER *** Blue age 17 years old and above: Grading for BLUE GOLD			(REVISED MAY 2024)		