

## Test Requirements

### 6th Kyu (Rokukyu) 20 practice days since beginning

1. Seiza (a) Bowing/Rei (b) Rise from seiza
2. Shikko - knee walking
3. Hanmi (a) Migi hanmi (b) Hidari hanmi
4. Ukemi (a) Ushiro ukemi (1) back fall (2) back roll (b) Mae ukemi
5. Kokyu undo (a) Funakogi undo (b) Ikkyo undo
6. Tai sabaki (a) Tenkan (b) Irimi (c) Irimi tenkan (d) Tenshin
7. Hanmi (w/partner) (a) Ai hanmi (b) Gyaku hanmi
8. Atemi (w/partner) (a) Tsuki (b) Yokomenuchi (c) Shomenuchi
9. Tai no henko (w/partner) as both uke and nage
10. Kokyudosa – Zagi Kokyuho (sitting) (w/partner)

### 5th Kyu (Gokyu) 40 days after 6th Kyu

1. Shomenuchi Ikkyo (omote & ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (omote & ura)
4. Ryotetori TENCHINAGE (o. & u.)
5. Tsuki Kotegaeshi (o. & u.)
6. Ushiro Tekubitori Kotegaeshi (o. & u.)
7. Morotetori Kokyuho

### Weapons

Happo-undo (taijutsu)  
9 count jo kata (solo & paired)  
Ken no Happo-undo

### 4th Kyu (Yonkyu) 80 days after 5th Kyu

1. Shomenuchi Nikkyo (o. & u.)
2. Yokomenuchi Shihonage (o. & u.)
3. Tsuki Iriminage (3 ways)
4. Ushiro Tekubi Sankyo (o. & u.)
5. Ushiro Ryokatatori Kotegaeshi (o. & u.)
6. Suwari Waza: Shomenuchi Ikkyo (o. & u.), Katatori Nikkyo (o. & u.), Katatori Sankyo (o. & u.)

### Weapons

in addition to above:  
1-7 bokken suburi

### 3rd Kyu (Sankyu) 100 days

1. Yokomenuchi Iriminage (3 ways)
2. Yokomenuchi Kotegaeshi (o. & u.)
3. Tsuki Kaitennage (o. & u.)
4. Ushiro Ryokatatori Sankyo (o. & u.)
5. Morotetori Iriminage (2 ways)
6. Shomenuchi Sankyo (o. & u.)
7. Suwari Waza: Shomenuchi Iriminage, Shomenuchi Nikkyo (o. & u.)
8. Hanmi-Handachi: Katatetori Shihonage (o. & u.), Katatetori Kaitennage (uchi & soto)

### Weapons

in addition to above:  
1-10 jo suburi  
13 count jo kata  
Ichi no kumi tachi

### 2nd Kyu (Nikyu) 200 days

1. Shomenuchi Shihonage
2. Shomenuchi Kaitennage
3. Yokomenuchi Gokyo
4. Ushiro Tekubitori Shihonage
5. Ushiro Tekubitori Jujinage

### Weapons

in addition to above:  
31 jo kata  
1-20 jo suburi  
1-3 kumi tachi

Continued on the next page...

6. Ushiro Kubishime Koshinage
7. Morotetori Nikkyo
8. Hanmi-Handachi: Shomenuchi Iriminage, Katatetori Nikkyo, Yokomenuchi Kotegaeshi
9. Freestyle-2 persons

**1st Kyu** (Ikkyu) 300 days, must attend 2 seminars per year

1. Katatori Menuchi - 5 techniques
2. Yokomenuchi - 5 techniques
3. Morotetori - 5 techniques
4. Shomenuchi - 5 techniques
5. Ryotetori - 5 techniques
6. Koshinage - 5 techniques
7. Tantotori
8. Hanmi-Handachi (Ushiro Waza - 5 techniques)
9. Freestyle - 3 persons

**Weapons**

in addition to above:  
 1-3 kumi jo  
 1-3 ken tai tachi  
 31 jo kata/kumi jo

## DAN TESTS

**Shodan** 300 days, 2 seminars

1. All of 1st Kyu requirements
2. Tachitori
3. Jotori
4. Henkawaza - Examiner will call the first technique.
5. Freestyle - 4 persons

**Weapons**

all of the above

**Nidan** 600 days, 2 seminars

1. Attend 2 seminars per year after Shodan.
2. All of Shodan requirements
3. Tachitori - 2 persons
4. Freestyle - 5 persons
5. Kaeshiwaza - Original technique will be called by examiner:  
 ie. to apply sankyo to nikkyo.

**Sandan** 700 days, 2 seminars

1. Attend 2 seminars per year after Nidan.  
 Subject of exam to be determined by examiner at the time of the exam.