



Kyu/Dan

Promotional Test Requirements

6th Kyu (Rokukyu)

20 practice days since beginning

Seiza (a) Bowing/Rei (b) Rise from seiza
Shikko*
Hanmi (a) Migi hanmi (b) Hidari hanmi
Ukemi (a) Ushiro ukemi (1) back fall (2) back roll*
(b) Mae ukemi*
Kokyu undo (a) Funakogi undo (b) Ikkyo undo
Tai sabaki (a) Tenkan (b) Irimi (c) Irimi tenkan
(d) Tenshin
Hanmi (w/partner) (a) Ai hanmi (b) Gyaku hanmi
Atemi (w/partner) (a) Tsuki (b) Yokomenuchi
(c) Shomenuchi
Tai no henko (w/partner) as both uke and nage
Kokyudosa

*Instructor's option:
depending on age and ability.

5th Kyu (Gokyu)

40 practice days after 6th Kyu
or-60 practice days

Shomenuchi Ikkyo (omote & ura)
Shomenuchi Iriminage
Katatetori Shihonage (omote & ura)
Ryotetori Tenchinage (omote & ura)
Tsuki Kotegaeshi (tenkan)
Ushiro Tekubitori Kotegaeshi (omote & ura)
Morotetori Kokyunage (omote & ura)

4th Kyu (Yonkyu)

80 practice days after 5th Kyu

Shomenuchi Nikyo (omote & ura)
Yokomenuchi Shihonage (omote & ura)
Tsuki Iriminage (irimi, tenkan & tenshin variations)
Ushiro Tekubitori Sankyo (omote & ura)
Ushiro Ryokatorori Kotegaeshi (omote & ura)
Suwari waza:
Shomenuchi Ikkyo (omote & ura)
Katatori Nikyo (omote & ura)
Katatori Sankyo (omote & ura)

3rd Kyu (Sankyu)

100 practice days after 4th Kyu

Yokomenuchi Iriminage (3 variations)
Yokomenuchi Kotegaeshi (omote & ura)
Tsuki Kaitennage (omote & ura)
Ushiro Ryokatorori Sankyo (omote & ura)
Morotetori Iriminage (2 variations)
Shomenuchi Sankyo (omote & ura)
Suwari waza:
Shomenuchi Iriminage
Shomenuchi Nikyo (omote & ura)
Hanmi handachi:
Katatetori Shihonage (omote & ura)
Katatetori Kaitennage – Both – Uchi (inside)
& Soto (outside) mawari.

2nd Kyu (Nikyu)

200 practice days after 3rd Kyu
Seminar attendance is encouraged

Shomenuchi Shihonage (omote & ura)
Shomenuchi Kaitennage (omote & ura)
Yokomenuchi Gokyo (omote & ura)
Ushiro Tekubitori Shihonage (omote & ura)
Ushiro Kubishime Koshinage (2 variations)
Ushiro Tekubitori Jujinage (omote & ura)
Morotetori Nikyo (omote & ura)
Hanmi handachi:
Shomenuchi Iriminage
Katatetori Nikyo (omote & ura)
Yokomenuchi Kotegaeshi (omote & ura)
Jiyu waza and Randori (2 attackers)

1st Kyu (Ikkyu)

300 practice days after 2nd Kyu
Must attend two seminars per year

Katatori Menuchi – 5 Techniques
Yokomenuchi – 5 Techniques
Morotetori – 5 Techniques
Shomenuchi – 5 Techniques
Ryotetori – 5 Techniques
Koshinage – 5 Techniques
Hanmi handachi:
Ushiro waza – 5 Techniques
Tanto tori
Jiyu waza and Randori (3 attackers)

Shodan

300 practice days after 1st Kyu
Must attend two seminars per year

All 1st Kyu Requirements
Tachi tori and Bokuto waza
Jo tori and Jo waza
Henka waza – Switching from one technique to another.
Examiner will call the first technique.
Jiyu waza and Randori (4 attackers)

Nidan

600 practice days after Shodan
Not less than 2 years after Shodan
Must attend two seminars per year

All Shodan Requirements
Tachi tori (2 attackers)
Kaeshi waza – Counter techniques.
Uke applies technique to Nage. Original
technique will be called by examiner. (e.g.,
to apply Sankyo against Nikyo).
Jiyu waza and Randori (5 attackers)

Sandan

700 practice days after Nidan
Not less than 3 years after Nidan
Must attend two seminars per year

Nomenclature

Bokuto waza – Techniques performed with bokken / **Hanmi handachi** – Uke standing and Nage sitting / **Jiyu waza** – Interval attacks w/nage varying techniques / **Jo tori** – Disarm attacker of jo / **Jo waza** – Techniques performed with jo / **Katatetori** – One hand grab to wrist / **Katatori** – One hand grab to shoulder / **Katatori Menuchi** – Grab to shoulder with strike to head / **Morotetori** – Two hands grab to one wrist / **Randori** – Freestyle-rapid “all-out” simultaneous attacks / **Ryotetori** – Both wrists held from the front / **Seiza** – Sitting-meditative posture / **Shomenuchi** – Strike to forehead / **Suwari waza** – Techniques performed while sitting / **Tai sabaki** – Body movement / **Tachi tori** – Disarm attacker of bokken / **Tanto tori** – Disarm attacker of tanto / **Tsuki** – Thrust or punch with closed fist / **Undo** – Exercise / **Ushiro Kubishime** – Choke from behind with wrist grab / **Ushiro Ryokatorori** – Both shoulders held from behind / **Ushiro Tekubitori** – Both wrists held from behind / **Waza** – Technique / **Yokomenuchi** – Strike to side of head / **Zagi** – Sitting-active posture



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or-60 practice days

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Shomenuchi Iriminage
Katatetori Shihonage (omote & ura)
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Tsuki Kotegaeshi (tenkan)
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4th Kyu (Yonkyu)

80 practice days after 5th Kyu

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Yokomenuchi Kotegaeshi (omote & ura)
Tsuki Kaitennage (omote & ura)
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Morotetori Iriminage (2 variations)
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& Soto (outside) mawari.

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Shomenuchi Kaitennage (omote & ura)
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Morotetori Nikyo (omote & ura)
Hanmi handachi:
Shomenuchi Iriminage
Katatetori Nikyo (omote & ura)
Yokomenuchi Kotegaeshi (omote & ura)
Jiyu waza and Randori (2 attackers)

1st Kyu (Ikkyu)

300 practice days after 2nd Kyu
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Yokomenuchi – 5 Techniques
Morotetori – 5 Techniques
Shomenuchi – 5 Techniques
Ryotetori – 5 Techniques
Koshinage – 5 Techniques
Hanmi handachi:
Ushiro waza – 5 Techniques
Tanto tori
Jiyu waza and Randori (3 attackers)

Shodan

300 practice days after 1st Kyu
Must attend two seminars per year

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Jo tori and Jo waza
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