

ADULT GRADING SYLLABUS (LAST UPDATED 06/01/2016)

KIHON DOSA (7TH KYU TO SHODAN)

MIGI HANMI KAMAE
HIDARI HANMI KAMAE
SEIZA HO
TAI NO HENKO ICHI / NI (+ Paired for 4th Kyu +)
HIRIKI NO YOSEI ICHI / NI (+ Paired for 4th Kyu +)
SHUMATSU DOSA ICHI / NI (+ Paired for 4th Kyu +)
TAI NO HENKO RENSOKU DOSA
TAI SABAKI
ASHI SABAKI
SHIKKO
NIBAN RENSOKU DOSA
SURI ASHI
KIHON DOSA WITH BOKKEN (6th Kyu +)
KIHON DOSA RENSOKU (4th Kyu +)

UKEMI WAZA (7TH KYU TO 4TH KYU)

DEN GURI GAESHI
KOHO KAITEN UKEMI
ZEMPO UKEMI
ZEMPO HYAKU UKEMI (6th Kyu +)
KOHO UKEMI
KATATE KOHO UKEMI
RYOTE KOHO UKEMI

7TH KYU, YELLOW BELT GRADING SYLLABUS

KATATE MOCHI SHIHONAGE ICHI / NI
SHOMEN UCHI IKKAJO OSAE ICHI / NI

6TH KYU, GREEN BELT GRADING SYLLABUS

RYOTE MOCHI SHIHONAGE ICHI / NI
YOKOMEN UCHI IKKAJO OSAE ICHI / NI
KATATE MOCHI NIKAJO OSAE ICHI / NI
MUNE MOCHI SOKUMEN IRIMI NAGE ICHI / NI
WEAPONS – KEN SUBURI #1, #2 & #3

5TH KYU, BLUE BELT GRADING SYLLABUS

SHOMEN UCHI SHIHONAGE
KATATE MOCHI IKKAJO OSAE ICHI / NI
SHOMEN UCHI NIKAJO OSAE ICHI / NI
MUNE MOCHI SANKAJO OSAE ICHI / NI
SHOMEN TSUKI IRIMI NAGE ICHI / NI
KATATE MOCHI KOKYU NAGE ICHI / NI
YOKOMEN UCHI KOKYU NAGE ICHI / NI
WEAPONS – KEN SUBURI #4, #5, #6 & #7

4TH KYU, ORANGE BELT GRADING SYLLABUS

YOKOMEN UCHI SHIHONAGE ICHI / NI
MUNE MOCHI IKKAJO OSAE ICHI / NI
YOKOMEN UCHI NIKAJO OSAE ICHI / NI
SHOMEN UCHI SANKAJO OSAE ICHI / NI
SHOMEN TSUKI SOKUMEN IRIMI NAGE ICHI / NI
SHOMEN UCHI IRIMI NAGE ICHI / NI
MUNE MOCHI HIJI JIME OSAE ICHI / NI
KATATE MOCHI HIJI ATE KOKYU NAGE ICHI / NI
JIYU WAZA - SHOMEN TSUKI
WEAPONS - KIHON DOSA WITH BOKKEN
WEAPONS – JO SUBURI #1 - #10

3RD KYU, BROWN BELT GRADING SYLLABUS

RYOTE MOCHI SHIHONAGE ICHI / NI
KATA MOCHI IKKAJO OSAE ICHI / NI
MUNE MOCHI NIKAJI OSAE ICHI / NI
YOKOMEN UCHI SANKAJI OSAE ICHI / NI
SHOMEN UCHI YONKAJO OSAE ICHI / NI
KATATE MOCHI SOKUMEN IRIMI NAGE ICHI / NI
YOKOMEN UCHI IRIMI NAGE ICHI / NI
SHOMEN UCHI HIJI JIME OSAE ICHI / NI
SHOMEN UCHI KOTE GAESHI ICHI / NI
SHOMEN UCHI HIJI ATE KOKYU NAGE ICHI / NI
SUWARI WAZA - KATATE MOCHI NIKAJI OSAE ICHI / NI
JIYU WAZA - SHOMEN UCHI
JIYU WAZA - YOKOMEN UCHI
WEAPONS – JO SUBURI #11 - #18

2ND KYU, BROWN BELT GRADING SYLLABUS

USHIRO RYOTE MOCHI SHIHONAGE ICHI / NI
SHOMEN TSUKI IKKAJO OSAE ICHI / NI
RYOTE MOCHI NIKAJI OSAE ICHI / NI
KATATE MOCHI SANKAJI OSAE ICHI / NI
YOKOMEN UCHI YONKAJO OSAE ICHI / NI
SHOMEN UCHI SOKUMEN IRIMI NAGE ICHI / NI
YOKOMEN UCHI HIJI JIME OSAE ICHI / NI
YOKOMEN UCHI KOTE GAESHI OSAE ICHI / NI
SHOMEN TSUKI HIJI ATE KOKYU NAGE ICHI / NI
HANMI HANTACHI KATATE MOCHI SHIHONAGE ICHI
HANMI HANTACHI RYOTE MOCHI SHIHONAGE NI
SUWARI WAZA SHOMEN UCHI IKKAJO OSAE ICHI / NI
SUWARI WAZA MUNE MOCHI HIJI JIME OSAE ICHI / NI
JIYU WAZA – KATATE MOCHI
JIYU WAZA – RYOTE MOCHI
WEAPONS – JO SUBURI #19 & #20
WEAPONS - KEN SUBURI #1 - #7
WEAPONS – 31 JO KATA

1ST KYU, BROWN BELT GRADING SYLLABUS

USHIRO RYOTE MOCHI IKKAJO OSAE ICHI / NI
RYOTE MUNE MOCHI IKKAJO OSAE ICHI / NI
SHOMEN TSUKI KATA TSUKI NIKAJI OSAE ICHI / NI
USHIRO RYOTE MOCHI SANKAJI OSAE ICHI / NI
KATATE MOCHI YONKAJO OSAE ICHI / NI
HIJI MOCHI SOKUMEN IRIMI NAGE ICHI / NI
RYOTE MOCHI HIJI JIME OSAE ICHI / NI
SHOMEN TSUKI KOTE GAESHI OSAE ICHI / NI
RYOTE MOCHI KOKYU NAGE ICHI / NI
SUWARI WAZA SHOMEN UCHI NIKAJI OSAE ICHI / NI
SUWARI WAZA YOKOMEN UCHI SANKAJI OSAE ICHI / NI
SUWARI WAZA SHOMEN TSUKI HIJI JIME OSAE ICHI / NI
SUWARI WAZA MUNE MOCHI SOKUMEN IRIMI NAGE ICHI / NI
JIYU WAZA - SHOMEN UCHI
JIYU WAZA - SHOMEN TSUKI
JIYU WAZA - RYOTE MOCHI
WEAPONS - 13 JO KATA
WEAPONS – KEN NO AWASE #1 - #4

SHODAN, NIDAN & SANDAN SYLLABUS

AT EXAMINATION PANELS DISCRETION WITH APPROVAL FROM PRINCIPAL COACH

NB: MINIMUM OF 1YR CONSISTENT TRAINING FROM 1ST KYU GRADING REQUIRED, BEFORE STUDENT WILL BE CONSIDERED FOR SHODAN EXAMINATION.