

## **JUNIOR GRADING SYLLABUS (LAST UPDATED 12/02/14)**

**+Required for all gradings 7th Kyu+**

**Kihon Dosa Rensoku for 3rd Kyu+**

**\*These techniques MUST be adapted for application to juniors**

- No high floor (arm) locks for juniors

- No holding on both sides of wrist joint, only elbow side

### **8<sup>TH</sup> KYU WHITE 1 MON**

+MIGI HANMI KAMAE

+HIDARI HANMI KAMAE

+SEIZA HO

+SHIKKO

+KOHO UKEMI

+KATATE KOHO UKEMI

+RYOTE KOHO UKEMI

### **8<sup>TH</sup> KYU WHITE 2 MON**

+TAI NO HENKO ICHI / NI

+TAI SABAKI

+SURI ASHI

+KOHO KAITEN UKEMI

### **8<sup>TH</sup> KYU WHITE 3 MON**

+HIRIKI NO YOSEI ICHI / NI

+TAI NO HENKO RENSOKU DOSA

+NIBAN RENSOKU DOSA

+DEN GURI GAESHI

### **7<sup>TH</sup> KYU YELLOW**

+SHUMATSU DOSA ICHI / NI

+ZEMPO UKEMI

+ASHISABAKI

SHOMEN TSUKI USHIRO NAGE

### **7<sup>TH</sup> KYU YELLOW 1 MON**

KATATE MOCHI IRIMI TSUKI

### **7<sup>TH</sup> KYU YELLOW 2 MON**

\* KATATE MOCHI SHIHONAGE ICHI / NI

### **7<sup>TH</sup> KYU YELLOW 3 MON**

SHOMEN UCHI IKKAJO OSAE ICHI / NI

### **6<sup>TH</sup> KYU GREEN**

TAI NO HENKO ICHI / NI (PAIRED)

ZEMPO HYAKU UKEMI

\* RYOTE MOCHI SHIHONAGE ICHI / NI

### **6<sup>TH</sup> KYU GREEN 1 MON**

YOKOMEN UCHI IKKAJO OSAE ICHI / NI

**6<sup>TH</sup> KYU GREEN 2 MON**

RYOTE MOCHI TENCHI NAGE ICHI / NI

**6<sup>TH</sup> KYU GREEN 3 MON**

MUNE MOCHI SOKUMEN IRIMI NAGE ICHI / NI

**5<sup>TH</sup> KYU BLUE**

HIRIKI NO YOSEI ICHI / NI (PAIRED)

\* SHOMEN UCHI SHIHONAGE

**5<sup>TH</sup> KYU BLUE 1 MON**

KATATE MOCHI IKKAJO OSAE ICHI / NI

**5<sup>TH</sup> KYU BLUE 2 MON**

SHOMEN TSUKI IRIMI NAGE OSAE ICHI / NI

**5<sup>TH</sup> KYU BLUE 3 MON**

KATATE MOCHI KOKYU NAGE ICHI / NI

**4<sup>TH</sup> KYU ORANGE**

SHUMATSU DOSA ICHI / NI (PAIRED)

\* YOKOMEN UCHI SHIHONAGE ICHI / NI

WEAPONS – KIHON DOSA WITH BOKKEN

JIYU WAZA - SHOMEN TSUKI

**4<sup>TH</sup> KYU ORANGE 1 MON**

MUNE MOCHI IKKAJO OSAE ICHI / NI

**4<sup>TH</sup> KYU ORANGE 2 MON**

SHOMEN TSUKI SOKUMEN IRIMI NAGE ICHI / NI

**4<sup>TH</sup> KYU ORANGE 3 MON**

SHOMEN UCHI IRIMI NAGE ICHI / NI

**3<sup>RD</sup> KYU BROWN**

KIHON DOSA RENSOKU

YOKOMEN UCHI KOKYU NAGE ICHI / NI

JIYU WAZA - SHOMEN UCHI

**3<sup>RD</sup> KYU BROWN 1 MON**

\* KATATE MOCHI HIJI ATE KOKYU NAGE ICHI / NI

KATA MOCHI IKKAJO OSAE ICHI / NI

WEAPONS - KEN SUBURI #1, #2 & #3

**3<sup>RD</sup> KYU BROWN 2 MON**

KATATE MOCHI SOKUMEN IRIMI NAGE ICHI / NI

YOKOMEN UCHI IRIMI NAGE ICHI / NI

WEAPONS - KEN SUBURI #4 & #5

**3<sup>RD</sup> KYU BROWN 3 MON**

\* SHOMEN UCHI KOTE GAESHI ICHI / NI

\* SHOMEN UCHI HIJI ATE KOKYU NAGE ICHI / NI

WEAPONS - KEN SUBURI #6 & #7

## **2<sup>ND</sup> KYU BROWN**

\* USHIRO RYOTE MOCHI SHIHONAGE ICHI / NI  
SHOMEN TSUKI IKKAJO OSAE ICHI / NI  
JIYU WAZA - YOKOMEN UCHI

## **2<sup>ND</sup> KYU BROWN 1 MON**

SHOMEN UCHI SOKUMEN IRIMI NAGE ICHI / NI  
\* YOKOMEN UCHI KOTE GAESHI ICHI / NI  
WEAPONS – JO SUBURI #1 - #5

## **2<sup>ND</sup> KYU BROWN 2 MON**

\* SHOMEN TSUKI HIJI ATE KOKYU NAGE ICHI / NI  
\* HANMI HANTACHI KATATE MOCHI SHIHONAGE ICHI  
WEAPONS – JO SUBURI #6 - #10

## **2<sup>ND</sup> KYU BROWN 3 MON**

SHOMEN TSUKI IRIMI TSUKI ICHI / NI  
\* HANMI HANTACHI RYOTE MOCHI SHIHONAGE NI  
WEAPONS – JO SUBURI #11 - #13

## **1<sup>ST</sup> KYU BROWN**

USHIRO RYOTE MOCHI IKKAJO OSAE ICHI / NI  
RYOTE MUNE MOCHI IKKAJO OSAE ICHI / NI  
JIYU WAZA - KATATE MOCHI

## **1<sup>ST</sup> KYU BROWN 1 MON**

HIJI MOCHI SOKUMEN IRIMI NAGE ICHI / NI  
\* SHOMEN TSUKI KOTE GAESHI ICHI / NI  
WEAPONS – JO SUBURI #14 - #18

## **1<sup>ST</sup> KYU BROWN 2 MON**

RYOTE MOCHI KOKYU NAGE ICHI / NI  
USHIRO RYOTE MOCHI KOKYU NAGE ICHI / NI  
WEAPONS – JO SUBURI #19 - #20

## **1<sup>ST</sup> KYU BROWN 3 MON**

JIYU WAZA – RYOTE MOCHI  
WEAPONS – 31 JO KATA

PLEASE NOTE THAT STUDENTS ARE REQUIRED TO DEMONSTRATE KNOWLEDGE OF TECHNIQUES FROM ALL GRADING LEVELS UP TO AND INCLUDING THEIR CURRENT LEVEL AS WELL AS DEMONSTRATE TECHNIQUES FROM THE LEVEL THEY WISH TO ATTAIN. (EACH SYLLABUS LISTS ONLY THOSE TECHNIQUES NEW TO THE LEVEL AND ASSUMES THAT THE STUDENT HAS KNOWLEDGE OF ALL TECHNIQUES FROM PRIOR LEVELS).

## **JUNIOR SHODAN (BLACK BELT) SYLLABUS**

AT EXAMINATION PANELS DISCRETION WITH APPROVAL FROM PRINCIPAL COACH