



Adult Grading Syllabus

Grade	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-gaishi	Kaiten-nage	Tenchi-nage	Others	Jiyuwaza
6th Kyu (Blue)	<ul style="list-style-type: none"> • Katatedori Aihanmi • Shomenuchi 					<ul style="list-style-type: none"> • Katatedori 	<ul style="list-style-type: none"> • Katatedori 				<ul style="list-style-type: none"> • Kokyu-nage (Katadedori Gyakuhanni) • Kokyu-ho 	<ul style="list-style-type: none"> • Katadedori Gyakuhanni
5th Kyu (Blue-gold)	<ul style="list-style-type: none"> • Suwariwaza Shomenuchi 	<ul style="list-style-type: none"> • Katadori • Suwariwaza Katadori 				<ul style="list-style-type: none"> • Yokomenuchi 	<ul style="list-style-type: none"> • Shomenuchi • Suwariwaza Shomenuchi 			<ul style="list-style-type: none"> • Ryotedori 	<ul style="list-style-type: none"> • Kokyu-nage (Katadedori Aihanmi) 	<ul style="list-style-type: none"> • Katadedori Aihanmi
4th Kyu (Brown)		<ul style="list-style-type: none"> • Suwariwaza Shomenuchi 	<ul style="list-style-type: none"> • Katatedori • Suwariwaza Shomenuchi 	<ul style="list-style-type: none"> • Katatedori • Suwariwaza Shomenuchi 		<ul style="list-style-type: none"> • Ryotedori 		<ul style="list-style-type: none"> • Katatedori • Shomenuchi 	<ul style="list-style-type: none"> • Katatedori 		<ul style="list-style-type: none"> • Kokyu-nage (Ryotedori) • Juji-nage (Ryotedori) 	<ul style="list-style-type: none"> • Ryotedori
3rd Kyu (Brown-gold)	<ul style="list-style-type: none"> • Katadori • Suwariwaza Katadori 	<ul style="list-style-type: none"> • Shomenuchi • Suwariwaza Shomenuchi 	<ul style="list-style-type: none"> • Shomenuchi • Suwariwaza Shomenuchi 	<ul style="list-style-type: none"> • Shomenuchi • Suwariwaza Shomenuchi 		<ul style="list-style-type: none"> • Shomenuchi • Hanmihandachi Katatedori 	<ul style="list-style-type: none"> • Hanmihandachi Shomenuchi 		<ul style="list-style-type: none"> • Shomenuchi 	<ul style="list-style-type: none"> • Shomenuchi 	<ul style="list-style-type: none"> • Kokyu-nage (Hanmihandachi Shomenuchi) • Juji-nage (Yokomenuchi & Shomeuchi) 	<ul style="list-style-type: none"> • Shomenuchi • Yokomenuchi
2nd Kyu (Black)	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 		<ul style="list-style-type: none"> • Hanmihandachi Ryotedori • Hanmihandachi Morotedori 	<ul style="list-style-type: none"> • Morotedori • Tsuki 	<ul style="list-style-type: none"> • Tsuki 	<ul style="list-style-type: none"> • Tsuki 	<ul style="list-style-type: none"> • Tsuki 	<ul style="list-style-type: none"> • Kokyu-nage (Tsuki & Morotedori) • Juji-nage (Morotedori) • Jujigarami (Morotedori) • Koshinage (Katatedori) 	<ul style="list-style-type: none"> • Tsuki • Morotedori
1st Kyu (Black-gold)					<ul style="list-style-type: none"> • Yokomenuchi 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Yokomenuchi • Ushiro Ryotedori 	<ul style="list-style-type: none"> • Kokyu-nage (Ushiro Ryotedori) • Koshinage (Shomenuchi & Yokomenuchi) • Jujigarami (Ushiro Ryotedori) 	<ul style="list-style-type: none"> • Ushiro Ryotedori • Hanmihandachi
Shodan (1st degree dan grade)	All Unarmed techniques for Suwariwaza, Hanmihandachi and Tachiwaza attacks in forms of strikes, thrusts, grasping of shoulders, elbows, collar and wrists; from front or rear.											<ul style="list-style-type: none"> • Any form of attack from 2 'ukes'
Nidan (2nd degree dan grade)	All techniques as per stated for 'Shodan'. Defence against knife attacks. Defence against kicks. Defence against Morotedori attack from 2 attackers (static).											<ul style="list-style-type: none"> • Any form of attack from 3 'ukes'
Sandan (3rd degree dan grade)	All techniques as per stated for 'Nidan'. Defence against sword attacks. Defence against short-staff attacks.											<ul style="list-style-type: none"> • Any form of attack from 4 'ukes'

Notes to Candidates:

1. Children under the age of 13 years grading for 5th Kyu (Blue-gold) and above, will be examined based on techniques stipulated for the respective grades in the Adult Grading Syllabus