

10th Kyu

- 1 Tag** Formal bow
Formal kneeling posture
(Seiza no Kamae)
Fudo Ken
(Immovable fist)
- 2 Tag** Front kick - Ball of foot
(Zenpo geri)
Natural posture
(Shizen no Kamae)
Inside turning escape
Chudan Kasumi Hodoki
- 3 Tag** From a fighting stance - left jab to face, reverse punch to face followed by front kick to stomach (repeat both sides)
Self defence from a front punch

9th Kyu

- 1 Tag** Etiquette
Figure one posture
(Ichimonji no Kamae)
Inside turning escape
Jodan Kasumi Hodoki
- 2 Tag** Tying a belt & folding a Gi
Receiving posture
(Hira Ichimonji no Kamae)
Wake up rolling strike
(Kiten ken (Shuto))
- 3 Tag** From a fighting stance - left jab to face, Shuto to neck followed by knee kick to groin (repeat both sides)
Escape from a wrist grab

8th Kyu

- 1 Tag** Upper, middle and lower levels
(Jodan, Chudan, Gedan)
Figure ten posture
(Jumonji no Kamae)
Waking up the leg - Knee
(Sokki ken)
- 2 Tag** Forward roll
(Zenpo Kaiten)
Front kick - Sole of foot
(Zenpo geri)
Rising two handed escape
Joren
- 3 Tag** Start in Shizen, step back into ichi monji and then forward striking shuto to the neck.
Escape from lapel grab

7th Kyu

- 1 Tag** Backward break fall
(Koho Ukemi)
Angry tiger posture
(Doko no Kamae)
Happa Ken
(Eight leaves strike)
- 2 Tag** Forward break fall
(Zenpo Ukemi)
Flying bird posture
(Hicho no Kamae)
Outside turning escape
Jun Temaki
- 3 Tag** Start in Shizen, step back into dokko and then forward striking shuto to the neck.
Self defence against a front kick

6th Kyu

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|---|---------------------------------------|---|
| 1 Tag Warm up
(Junan Taiso) | Angry bear posture
(Hoko no Kamae) | High receiving form
Jodan Uke Nagashi |
| 2 Tag Robe holding posture
(Kesa Osae) | Rising escape
Age Hodoki | Lower receiving form
Gedan Uke Nagashi |
| 3 Tag Striking with the fist - Ken Kudaki, Strike with the fist (inside & outside of arm) - Omote & Ura Uke Nagashi
Self defence from a round house punch | | |

5th Kyu

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|---|------------------------------------|---|
| 1 Tag Riding the horse (the mount)
(Uma Nori) | Sinking two handed escape
Karen | Rock throw
(Ganseki Nage) |
| 2 Tag The mount (tori on bottom)
(Seitai) | Backward roll
(Koho kaiten) | Heaven and earth escape
Ten Chi Hodoki |
| 3 Tag
Escape from 2 handed grip | | |

4th Kyu

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|--|---|--------------------------------------|
| 1 Tag Ground drop
(Yoko nagashi) | Warrior fighting stance
(Kumi Uchi) | Body drop
(Tai otoshi) |
| 2 Tag Hip crush
Koshi Kudaki | Traditional seated posture
(Fudoza no Kamae) | Two handed rising escape
Minazuki |
| 3 Tag | | |

3rd Kyu

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|--|---|--|
| 1 Tag Sideways kick
(Sokuho geri) | Shito ken / Boshi Ken
(Thumb drive fist) | Aggressive attacking posture
(Kosei no Kamae) |
| 2 Tag Side roll
(Sokuho Kaiten) | Side break fall
(Yoko Ukemi) | Elbow strike
(Empi) |
| 3 Tag Basic weapons understanding - Nunchacku | | |

2nd Kyu

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|---|---|--|
| 1 Tag All direction holding posture
(Shiho Osae) | Sideways holding posture
(Yoko Osae) | Rear kick
(Koho geri) |
| 2 Tag Outer reap
(Soto gari) | Heaven & Earth throw
(Tenchi nage) | Wrist strangle
(Katate Jime / Nikkio) |
| 3 Tag Striking with the leg – Keri Kudaki, Receiving with the leg (inside & outside of leg) - Omote & Ura Uke Nagashi
Basic weapons understanding - sword | | |

1st Kyu

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| 1 Tag Restrictive Shoulder choke
(Kata Gatame) | Koppo ken
(Thumb knuckle fist) | Straight wrist lock
(Hon Gyaku) |
| 2 Tag Major hip throw
(Koshi nage (O Goshi)) | Shikan ken
(Secret Spear) | Wristlock
(Ura Kote gyaku) |
| 3 Tag Basic weapons understanding - 3/4 foot staff | | |

Shodan ho

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| 1 Tag Kicking with the heel of the foot
(Sokugyaku Ken) | Shoulder throw
(Seoi nage) | Outward wrist lock
(Omote kote Gyaku / Kote Gaeshi) |
| 2 Tag Bent wrist lock
(Hiki Tate / Gokio) | Figure 4 (Demon crush)
(Omote Oni kudaki) | Hammerlock back
(Muso Dori (Warrior Twins)) |
| 3 Tag Killing the parent
Oya goroshi | Shoulder lock elbow leverage
(Musha dori (Warrior Take)) | Killing the child
(Ko Goroshi) |