



## Senior Grading Syllabus Part 1 (6<sup>th</sup> kyu to 2<sup>nd</sup> kyu)

Grade:	Rokkyu 6 <sup>th</sup> kyu	Gokyu 5 <sup>th</sup> kyu	Yonkyu 4 <sup>th</sup> kyu	Sankyu 3 <sup>rd</sup> kyu	Nikyu 2 <sup>nd</sup> kyu
<b>Prerequisite:</b> [Times given are <i>minimum</i> based on regular training]	40 practices post joining	40 practices post 6 <sup>th</sup> kyu	50 practices post 5 <sup>th</sup> kyu	60 practices post 4 <sup>th</sup> kyu	60 practices post 3 <sup>rd</sup> kyu
<b>Attack</b>					
<b>Shomen-uchi</b>	Ikkyo [T/S] Irimi-nage [T]	Ikkyo [T/S] Irimi-nage [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T]
<b>Yokomen-uchi</b>		Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T] Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Gokyo [T/S]
<b>Tsuki</b>			Irimi-nage [T] Kote-gaeshi [T]	Irimi-nage [T] Kote-gaeshi [T]	Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T]
<b>Katate-dori (Taking wrist) (Aihanmi &amp; Gyakuhanmi)</b>	Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T/H]	Shiho-nage [T/H] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T] plus Jiyu-waza	Shiho-nage [T/H] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T] plus Jiyu-waza
<b>Ryote-mochi-ryote-dori (Two hands to two wrists)</b>	Kokyu-ho [S]	Kokyu-ho [S]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T] plus Jiyu-waza
<b>Morote-dori (Two hands to one wrist)</b>					Jiyu-waza
<b>Kata-dori (Taking sleeve at shoulder)</b>		Ikkyo [T] Nikyo [T]	Ikkyo [T] Nikyo [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S]
<b>Ushiro-ryote-mochi-ryote-dori (Two hands from rear)</b>					Ikkyo [T] Nikyo [T] Sankyo [T] Yonkyo [T]
<b>Notes:</b> All techniques to be shown Irimi & Tenkan      T = Tachi-waza [both standing]      S = Suwari-waza [both sitting]      H = Hanmi-handachi [one standing one sitting]					