

Kyu Grading and Shodan Grading Syllabus

Techniques demonstrated in the videos at

www.kihon.com.au

5th kyu – blue belt test

tai no henko
morote dori kokyu ho
shomen uchi ikkyo omote waza shomen
uchi ikkyo ura waza shomen uchi
irimi nage
katate dori kaiten nage uchi mawari
katate dori kaiten nage soto mawari
katate dori shiho nage omote waza
katate dori shiho nage ura waza
suwari waza kokyu ho

4th kyu – green belt test

shomen uchi ikkyo omote waza
shomen uchi ikkyo ura waza
shomen uchi nikyo omote waza
shomen uchi nikyo ura waza
kata dori ikkyo omote waza kata
dori ikkyo ura waza
kata dori nikyo omote waza
kata dori nikyo ura waza
yokomen uchi irimi nage 1st way
yokomen uchi irimi nage 2nd way
yokomen uchi irimi nage 3rd way yokomen
uchi shiho nage omote waza yokomen uchi
shiho nage ura waza suwari waza kokyu
ho

3rd kyu – red belt test

tachi waza yokomen uchi ikkyo to yonkyo
suwari waza yokomen uchi ikkyo to yonkyo
tsuki kote gaeshi
tsuki irimi nage 3 ways
ryote dori shiho nage omote waza
ryote dori shiho nage ura waza
tanken dori yokomen uchi gokyo
tanken dori tsuki kote gaeshi tachi
dori kokyu ho
tachi dori kokyu nage jo
dori kokyu nage
jo dori kokyu nage
suwari waza kokyu ho

2nd kyu – purple belt test

shomen uchi ikkyo to rokkyo
kata dori ikkyo to rokkyo
shomen uchi kaiten nage
katate dori kote gaeshi
katate dori irimi nage
katate dori kaiten nage
hanmi handachi shiho nage
ryote dori ikkyo to rokkyo
ryote dori kote gaeshi ryote
dori irimi nage
yokomen uchi ikkyo to rokkyo
yokomen uchi kote gaeshi
yokomen uchi irimi nage tanken
dori 2 ways
tachi dori 2 ways jo
dori 2 ways
suwari waza kokyu ho

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1st kyu – brown belt test

shomen uchi ikkyo to rokkyo
kata dori ikkyo to rokkyo
ushiro ryote dori ikkyo to
rokkyo shomen uchi kote
gaeshi yokomen uchi kote
gaeshi
tsuki kote
g a e s h i tsuki
k a i t e n n a g e
koshi nage 1 way
hanmi handachi shiho nage
tachi waza shiho nage 1 way
ryote dori ikkyo to rokkyo
katate dori ikkyo to rokkyo
katate dori kote gaeshi
katate dori irimi nage
morote dori ikkyo to rokkyo
morote dori shiho nage
morote dori kote gaeshi
morote dori irimi nage
tachi waza kokyu ho 3 ways
tanken dori 2 ways
tachi dori 2 ways
jo dori 2 ways
suwari waza kokyu ho 3 ways

Shodan – black belt test

yokomen uchi ikkyo to rokkyo
kata dori ikkyo to rokkyo
kata men uchi ikkyo to rokkyo
hanmi handachi 3 ways
tsuki 3 ways
tachi waza kokyu ho 3 ways
irimi nage 3 ways
shiho nage 3 ways
kote gaeshi 3 ways
koshi nage 3 ways
aiki otoshi 3 ways
juuji garami 3 ways
kokyu nage 3 ways
ushiro waza 3 ways
ryote dori tenchi nage
tanken dori 3 ways
tachi dori 3 ways
jo dori 3 ways
happo giro 3 ways
31 no jo kata
jiyu waza 2 person taijutsu
suwari waza kokyu ho 5 ways