

9th Kyu (yellow belt)

1. wrist excercises: ikkyo, nikkyo, sankyo, kotegaeshi stretches
2. hamni kamae, right and left
3. rowing exercise (funi kogo undo)
4. ikkyo exercise and zengo (two directions)
5. tenkan (turning exercise)
6. ukemi (rolling) forward and backward roll (standing)
7. tai no henko (turning exercise with partner)
8. Shomenuchi Ikkyo (omote/ura)
9. Bokken form 1

8th Kyu (yellow with black stripe)

All yellow belt requirements plus:

1. ukemi
  - cross tumble
  - forward roll over jo
2. ikkyo exercise 4 directions
3. ukemi from throws by Sensei-forward and backward
4. Shomenuchi Iriminage
5. Katatetori Shihonage (omote/ura)
6. Kokyu dosa with pin
7. Bokken form 2

7th Kyu (green belt)

All yellow/black stripe belt requirements plus:

1. Tsuki Kotegaeshi
2. Ryotetori Tenchinage
3. Morotetori Kokyuho
4. ukemi (rolling) front roll over 1 person
5. Suwari Waza:
  - Shikko (knee walking)
  - Shomenuchi Ikkyo (omote/ura)
6. Bokken form 3

6th Kyu (green with black stripe)\*

All green belt requirements plus:

1. Ushiro Tekubitori Kotegaeshi
2. Ushiro Tekubi Sankyo (omote/ura)
3. Shomenuchi Nikkyo (omote/ura)
4. Shomenuchi Sankyo (omote/ura)
5. Suwari Waza:
  - Shomenuchi Nikkyo (omote/ura)
  - Shomenuchi Iriminage
6. Bokken form 4

\*Following completion of 6<sup>th</sup> Kyu, the student will be eligible to test for the first adult rank (5<sup>th</sup> kyu) after 3 months and at the discretion of the Sensei.

## Definitions/Glossary

- 1.Hanmi Handachi - uke standing, nage sitting
- 2.Hanmi-Handachi - uke standing, nage sitting
- 3.Henkawaza - switching from one technique to another.
- 4.Jotori - staff techniques
- 5.Kaeshiwaza - counter techniques
- 6.Katatetori - one hand grab to wrist
- 7.Katatori - one hand grab to collar
- 8.Morotetori - two hands on one
- 9.Ryotetori - both wrists grabbed from the front
- 10.Shomenuchi - strike to forehead
- 11.Soto Mawari - outside movements
- 12.Suwari Waza - techniques from sitting
- 13.Tachitori - attack with sword
- 14.Tantotori - attack with knife
- 15.Tsuki - thrust or punch
- 16.Uchi Mawari - inside movements
- 17.Ushiro Kubishime - choke from behind with free hand grabbing wrist
- 18.Ushiro Ryokatatori - both shoulders grabbed from behind
- 19.Ushiro Tekubitori - both wrists grabbed from behind
- 20.Ushiro Waza - any attack from behind