

<b>Go kyu 5</b>  <b>Minimum 20 hours</b>	<b>Year 1</b>  Intro - core skills	<b>Ukemi</b>  • Koho • Yoko • Zenpo Kaiten	<b>Unsoku</b>  3 directions	<b>Tegatana dosa</b>  5 handblade movements	<b>Shikko</b>  Knee walking	<b>Hachi hon no kuzushi</b>  Uke grabs tori's RH then LH, right koho, then left koho.
		<b>Suwari waza</b> (migi omote + hidari ura)	<b>Kihon no kata</b>	<b>Kihon no tsukuri atemi waza</b>	<b>Kihon no tsukuri kansetsu waza</b>	<b>Randori ho</b>
<b>Yon kyu 4</b>  <b>Minimum 40 hours</b>		Oshi taoshi hishigi osae, (1 min)	5 Atemi waza	Hontai no tsukuri – 5 atemi waza	<u>Jodan tegatana kuzushi</u> - oshi taoshi, hiki taoshi	Taisabaki, Tegatana bogyo Kakarigeiko – atemi waza
<b>San kyu 3</b>  <b>Minimum 40 hours</b>		+ Gyakute dori kote hineri (1 min)	+ 6 Hiji waza	Okori o utsu – uchikomi x4	<u>Gedan tegatana kuzushi</u> - tenkai kote gaeshi, kote gaeshi	Taisabaki, Tegatana bogyo, Hiji mochi no kuzushi, Kakarigeiko
<b>Ni kyu 2</b>  <b>Minimum 60 hours</b>	<b>Year 2</b>	+ Junte dori kote hineri (1:30)	+ 4 Tekubi waza	Tsuki taru o utsu – uchikomi x5	<u>Jodan nigiri kaeshi kuzushi</u> - junte + gyakute dori - oshi taoshi, hiki taoshi	Kakarigeiko, Hikitategeiko
<b>Ikkyu 1</b>  <b>Minimum 60 hours</b>		+ Tekubi osae (1:30)	+ 3 Uki waza (17)	Hiki okori o utsu – uchikomi x5	<u>Gedan nigiri kaeshi kuzushi</u> - junte + gyakute dori - tenkai kote gaeshi, kote gaeshi	Kakarigeiko, Hikitategeiko, Soft randori
<b>Shodan Beginner</b>  <b>Minimum 100 hours</b>	<b>Year 3</b>		Tanto randori no kata (17)	Goshin no kata (16)	Kaeshi waza (10)	Hikitategeiko Soft randori