

# 2nd Kyu Adult Grading Syllabus 2023.11

Body art minimum 150 hours of training

## Techniques Suwariwaza (All through omote & ura)

### Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Kaitenage
6. Kokyunage

### Katadori

1. Ikkyo through Yonkyo

### Ai-hanmi Katatedori

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Kokyu-ho

### Yokomenuchi

1. Ikkyo through Yonkyo
2. Kotegaeshi

---

## Techniques Hanmi Handachi

### Gyakuhanmi Katatedori

1. Kaitenage
2. Uchikaitenage Gatame
3. Sotokaitenage Gatame
4. Shihonage
5. Sumiotoshi
6. Kokyunage

### Ryotedori

1. Shihonage

### Yokomenuchi

1. Shihonage

---

## Techniques Tachiwaza

### Ai-hanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Sumiotoshi
7. Sotokaitenage
8. Kokyu-ho

### Katadori

1. Ikkyo through Yonkyo
2. Kotegashi

### Morotedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kotegaeshi
5. Jujinage
6. Kokyunage

### Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Shihonage
6. Sumiotoshi
7. Kaitenage
8. Sotokaitenage
9. Kokyunage

### Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Kokyunage

### Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Uchikaitenage
7. Sotokaitenage
8. Kokyunage
9. Kokyu-ho

### Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kotegaeshi
5. Kokyunage
6. Uchikaiten Kokyunage
7. Sotokaiten Kokyunage

### Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage
5. Kokyu-ho
6. Kokyunage

### Tsuki

1. Ikkyo
2. Uchikaiten Sankyo
3. Iriminage
4. Kotegaeshi
5. Sumiotoshi

**Ushiro Ryokatadori**

1. Ikkyo
2. Nikyo
3. Kokyunage

**Jo dori**

Any technique

**Tanto dori**

Any technique

**Ryotedori – Suwariwaza**

Sitting Kokyu-ho

---

**Ukemi**

1. Yokomenuchi Shihonage
2. Gakyuhami Ikkyo
3. Shomenuchi Iriminage
4. Shomenuchi Kotegaeshi

**Tachi dori**

Any technique

**Ran dori**

Any technique

**Weapons****Bokken**

- 8 Suburi Tachiwaza
- 8 Suburi Suwariwaza
- 4 Kiri-Kaeshi
- Keriotosh 1,2& 3

**Jo**

- 36 Jo
- Sansho I