

5th Kyu Adult Grading Syllabus 2023.11

Body art minimum 60 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo

Gyakuhanmi Handachi

1. Sumiotoshi
 2. Tenchinage
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Techniques Tachiwaza (All through omote & ura)

Ai-hanmi Katatedori

1. Ikkyo
2. Nikyo
3. Iriminage

Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Kokyu-ho
4. Shihonage
5. Uchikaitenage
6. Sotokaitenage
7. Sumiotoshi
8. Tenchinage

Morotedori

1. Ikkyo
2. Kokyunage
3. Kokyho

Ryotedori

1. Sumiotoshi
2. Techinage
3. Iriminage
4. Kotegaeshi

Katadori

1. Ikkyo

Shomenuchi

1. Ikkyo

Yokomenuchi

1. Ikkyo

Ryotedori - Suwariwaza

1. Sitting Kokyu-ho

Ukemi

1. Yokomenuchi Shihonage
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Weapons

Bokken

- Shihogeri
Happogeri
4 of 8 Suburi (from Chiba Sensei)

Jo

- 3 Kesa
3 Tsuki
3 Shomen
Sansho 1 (Part 1)