

1st Kyu Adult Grading Syllabus 2023.10

200 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

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

Katadori

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Sotokaiten Katagatame

Ryokatadori

1. Ikkyo through Yonkyo

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi

Tsuki

1. Ikkyo through Yonkyo
2. Kotegaeshi

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Sumiotoshi
3. Uchikaitenage
4. Sotokaitenage
5. Uchikaiten Katagatame
6. Sotokaiten Katagatame
7. Kotegaeshi
8. Iriminage
9. Shihonage

Ryotedori

1. Shihonage

Yokomenuchi

1. Shihonage
2. Kotegaeshi

Techniques Tachiwaza

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Uchikaitenage
3. Sotokaitenage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Iriminage
7. Shihonage
8. Jujinage
9. Sumiotoshi
10. Kokyunage
11. Kokyuhō

Morotedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Kokyunage
7. Kokyuhō

Ryotedori

1. Ikkyo through Yonkyo
2. Uchikaiten Kokyunage
3. Sotokaiten Kokyunage
4. Iriminage
5. Shihonage
6. Kotegaeshi
7. Reversed Kotegaeshi
8. Tenchinage
9. Kokyunage
10. Kokyuhō

Aihanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Katagatmae
7. Uchikaiten Katagatame
8. Sotokaiten Katagatame
9. Uchikaitenage
10. Sotokaitenage
11. Sumiotoshi
12. Kokyunage
13. Kokyuhō

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Shihonage
5. Kotegaeshi

Katadori

1. Ikkyo through Yonkyo
2. Shihonage
3. Kokyunage
4. Kokyuho

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Shihonage
5. Jujinage
6. Kokyuho

Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Kokyunage

Randori

2 men attack

Ryotedori - Suwariwaza

Sitting Kokyuho

Weapons**Tantodori**

Tsuki attack (2 techniques)

Bokken

4 Kiri-Kaeshi (from standing)
8 Suburi Tachiwaza (Chiba Sensei)
8 Suburi Suwariwaza (Chiba Sensei)
Kiriotoshi (Jodan, Gedan, Chudan) from standing
Shomenuchi-, Renzouchi-, Tsukiuchikomen

6. Jujinage
7. Sumiotoshi
8. Sotokaitenage
9. Sotokaiten Katagatame
10. Kokyunage
11. Kokyuho

Tsuki

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage
5. Sumiotoshi
6. Kokyuho

Ushiro Ryokatadori

1. Ikkyo through Yonkyo

Jo

36 Jo (Chiba Sensei)
Sansho I (Chiba Sensei)