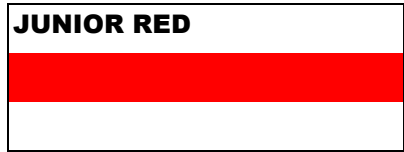


Grading Techniques

(Revised April 2019)



JUNIOR RED
For 3 - 4 yo (by year)



RED
For 5 - 9 yo (by year)



YELLOW
For 10 yo & above (by year)



ORANGE



GREEN



PURPLE

BASICS	CORE EXERCISE		Leopard Crawl	Leopard Crawl Spider Walk	Leopard Crawl Spider Walk	Leopard Crawl Spider Walk		
	KNEE WORK		Seiza <i>Formal Seating</i>	Seiza Keiza	Shikko <i>Knee Walk</i>	Shikko with Irimi Tenkan	Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko
	FOOT WORK		Irimi <i>Entering Step</i>	Irimi - Kaiten - Back Irimi	Irimi Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	MAE UKEMI	<i>Forward Break Fall</i>	Mae Ukemi <i>Forward Roll</i>	Mae Ukemi	Mae Ukemi	Mae Ukemi over a soft ball	Mae Ukemi over two soft balls	Mae Ukemi over Big Obstacle
	USHIRO UKEMI	<i>Backward Break Fall</i>	Rocking	Rocking	Rocking Ushiro Ukemi <i>Backward Roll</i>	Rocking Ushiro Ukemi	Rocking Ushiro Ukemi	Rocking Ushiro Ukemi Shihonage Rocking

TECHNIQUES	IKKYO	<i>First Lock</i>	Katatedori Aihanmi Omote	Katatedori Aihanmi Omote	Katatedori Aihanmi Omote & Ura Katatedori Gyakuhanmi	Katatedori Gyakuhanmi Shomenuchi	Shomenuchi Yokomenuchi Omote	Yokomenuchi Suwariwaza Shomenuchi Execute with finishing lock
	KOTEGAESHI	<i>Wrist Lock Throw</i>	Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Gyakuhanmi Hungry swimming	Shomenuchi	Shomenuchi Yokomenuchi	Katatedori Gyakuhanmi Yokomenuchi Execute with finishing lock No standing lock required
	SUMIOTOSHI	<i>Corner Drop Throw</i>	Katatedori Gyakuhanmi Direct Point	Katatedori Gyakuhanmi Direct Point	Katatedori Gyakuhanmi Point, Elbow, Shoulder & Chin	Katatedori Gyakuhanmi Katatedori Aihanmi	Katatedori Gyakuhanmi Shomenuchi Elbow only	Shomenuchi Elbow only
	IRIMINAGE	<i>Entering Throw</i>		Katatedori Aihanmi	Katatedori Gyakuhanmi Open door / Drink water	Shomenuchi	Shomenuchi Yokomenuchi	Yokomenuchi Suwariwaza Shomenuchi
	KOKYUNAGE	<i>Breath Throw</i>		Katatedori Aihanmi	Katatedori Aihanmi	Katatedori Gyakuhanmi 2 or 3-Step	Katatedori Gyakuhanmi	Shomenuchi
	SHIHONAGE	<i>Four Direction Throw</i>						Aihanmi Omote Standing Finish
	JYUWAZA	<i>Free Exercise</i>			At least 2 Throw Techniques against Gyakuhanmi	At least 5 Throw Techniques against Gyakuhanmi	At least 5 Throw Techniques against Aihanmi & Gyakuhanmi	At least 5 Throw Techniques against Aihanmi & Gyakuhanmi
	KOKYUHO	<i>Breath Exercise</i>			Suwariwaza Ryotedori Throw	Suwariwaza Ryotedori Keiza Finish Seated on Toes	Suwariwaza Ryotedori	Suwariwaza Ryotedori