

Grading Techniques

(Revised April 2019)

Time Frame Requirement

BLUE

BLUE SILVER

BLUE GOLD

Recommended 8 months of training

Recommended 8 months of training

Recommended 8 months of training

		BLUE	BLUE SILVER	BLUE GOLD
		Recommended 8 months of training	Recommended 8 months of training	Recommended 8 months of training
BASICS	KNEE WORK		Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko
	FOOT WORK		Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	MAE UKEMI	<i>Forward Break Fall</i>	Mae Ukemi over Big Obstacle Roll Slam	Mae Ukemi over one peer Roll Slam
	USHIRO UKEMI	<i>Backward Break Fall</i>	Rocking Ushiro Ukemi Shihonage Rocking	Rocking Ushiro Ukemi Shihonage Rocking
	UKEMI (As a Uke)		Able to attack & follow well. Able to breakfall correctly. Able to connect with partner.	Able to attack & follow well. Able to breakfall correctly. Able to connect with partner.
TECHNIQUES	IKKYO	<i>First Lock</i>	Katatedori Gyakuhanmi Yokomenuchi Suwariwaza Shomenuchi	Suwariwaza Shomenuchi Ryotedori (Irimi Tenkan Palm Down)
	NIKKYO	<i>Second Lock</i>	Katadori Omote & Ura with movement	Katadori Omote & Ura
	SANKYO	<i>Third Lock</i>		Shomenuchi Omote
	YONKYO	<i>Forth Lock</i>		
	KOTEGAESHI	<i>Wrist Lock Throw</i>	Katatedori Gyakuhanmi Yokomenuchi	Yokomenuchi Suwariwaza Shomenuchi Ryotedori (drink water or hungry swimming)
	SUMIOTOSHI	<i>Corner Drop Throw</i>	Shomenuchi @ elbow only Ryotedori @ elbow only	
	IRIMINAGE	<i>Entering Throw</i>	Yokomenuchi Suwariwaza Shomenuchi	Suwariwaza Shomenuchi Ryotedori
	KOKYUNAGE	<i>Breath Throw</i>	Yokomenuchi	Yokomenuchi
	SHIHONAGE	<i>Four Direction Throw</i>	Katatedori Aihanmi (Omote & Ura)	Katatedori Gyakuhanmi (Omote & Ura)
	KAITENAGE	<i>Rotary throw</i>		
	JUJINAGE	<i>Cross Arm Throw</i>		Katatedori Aihanmi (static or irimi tenkan)
	TENCHINAGE	<i>Heaven & Earth throw</i>	Ryotedori (Omote)	Ryotedori (Omote & Ura)
	JYUWAZA	<i>Free Exercise</i>	At least 5 Throw Techniques against Aihanmi, Gyakuhanmi, Shomenuchi	At least 5 Throw Techniques against Aihanmi, Gyakuhanmi, Shomenuchi & Yokomenuchi
	KOKYUHO	<i>Breath Exercise</i>	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish