



## Adult Kyu Grade Syllabus

### 6th Kyu – White Belt

Timescale: Minimum of 20 hours consistent practice in total recommended

<b>Core Skills</b>	Unsoku	Complete (3 Sections)
	Ukemi	Side and Back breakfall
<b>Technique</b>	Randori-no-kata 1–5	
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> <li>5. Ushiro-ate</li> </ol>	Performed on candidate's 'natural' side, i.e. candidate's choice of left or right
<b>Application</b>	Kakarigeiko	Single attacker: Open-handed attack which must include Shomen-ate and Shomen-uchi



## Adult Kyu Grade Syllabus

### 5th Kyu – Yellow Belt

Timescale: Minimum of 40 hours consistent practice in total recommended

Core Skills	Tandoku-undo	Sections 1–3
	Ukemi	Forward Roll
<b>Technique</b>	Randori-no-kata 1–10:  1. Shomen-ate 2. Ai-gamae-ate 3. Gyaku-gamae-ate 4. Gedan-ate 5. Ushiro-ate 6. Oshi-taoshi 7. Ude-gaeshi 8. Hiki-taoshi 9. Ude-garame 10. Waki-gatame	Performed left or right, examiner's choice
<b>Application</b>	Kakarigeiko	Single attacker with or without Tanto, to include Shomen and Yokomen (Aigamae and Gyakugamae) attacks



## Adult Kyu Grade Syllabus

### 4th Kyu – Orange Belt

Timescale: More than 3 months as 5th Kyu recommended. Minimum of 40 hours consistent practice as 5th Kyu recommended

<b>Core Skills</b>	Tandoku-undo complete	Sections 1–5
	Ukemi	Kote-gaeshi, supported
	Shikko	Forward/Turning
	Suwari-waza – 2 techniques	Candidate's choice, both students kneeling
<b>Technique</b>	Randori-no-kata 1–14	
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> <li>5. Ushiro-ate</li> <li>6. Oshi-taoshi</li> <li>7. Ude-gaeshi</li> <li>8. Hiki-taoshi</li> <li>9. Ude-garame</li> <li>10. Waki-gatame</li> <li>11. Kote-hineri</li> <li>12. Kote-gaeshi</li> <li>13. Tenkai-kote-hineri</li> <li>14. Shiho-nage</li> </ol>	Performed left or right, examiner's choice
<b>Application</b>	Kakarigeiko	Grasp attacks, single wrist, Aigamae and Gyakugamae
	Kakarigeiko	Single attacker with Tanto



## Adult Kyu Grade Syllabus

### 3rd Kyu – Green Belt

Timescale: More than 3 months as 4th Kyu. Minimum of 40 hours consistent practice as 4th Kyu recommended

<b>Core Skills</b>	Ukemi	Sumi-otoshi - supported
	Suwari-waza – 4 techniques	Candidate's choice, both students kneeling
<b>Technique</b>	Randori-no-kata complete  1. Shomen-ate 2. Ai-gamae-ate 3. Gyaku-gamae-ate 4. Gedan-ate 5. Ushiro-ate 6. Oshi-taoshi 7. Ude-gaeshi 8. Hiki-taoshi 9. Ude-garame 10. Waki-gatame 11. Kote-hineri 12. Kote-gaeshi 13. Tenkai-kote-hineri 14. Shiho-nage 15. Mae-otoshi 16. Sumi-otoshi 17. Hiki-otoshi	(17 techniques)
	Randori-no-kata-no-ura-waza 1–5  1. Shomen-ate – Waki-gatame 2. Ai-gamae-ate – Kote-mawashi 3. Gyaku-gamae-ate – Gedan-ate 4. Gedan-ate – Ai-gamae-ate 5. Ushiro-ate – Tenkai-kote-hineri	Counters 1–5



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<b>Application</b>	Kakarigeiko	Multiple attackers e.g. Ninindori, with variations of attack, open-handed.
	Hikitatigeiko	Single attacker with Tanto to show movement by both parties. Tori showing continuation and combination techniques



## Adult Kyu Grade Syllabus

### 2nd Kyu – Blue Belt

Timescale: More than 6 months as 3rd Kyu. Minimum of 60 hours consistent practice as 3rd Kyu recommended

Core Skills	Ukemi (floating/falling leaf)	Performed alone. Similar to Koryu-Dai-San. No. 1 Suwari-waza.
	Randori-no-kata	
	Shichi-hon-no-kuzushi 1–7	To show balance disturbance, circular movement and control – no breakfalls
Technique	Randori-no-kata-no-ura-waza complete	
	<ol style="list-style-type: none"> <li>1. Shomen-ate – Waki-gatame</li> <li>2. Ai-gamae-ate – Kote-mawashi</li> <li>3. Gyaku-gamae-ate – Gedan-ate</li> <li>4. Gedan-ate – Ai-gamae-ate</li> <li>5. Ushiro-ate – Tenkai-kote-hineri</li> <li>6. Oshi-taoshi – Kote-mawashi</li> <li>7. Hiki-taoshi – Tenkai-kote-hineri</li> <li>8. Kote-gaeshi – Kote-gaeshi</li> <li>9. Tenkai-kote-hineri – Waki-gatame</li> <li>10. Shiho-nage – Shiho-nage</li> </ol>	Counters 1–10 (10 techniques)
Application	Kakarigeiko	Ninindori – mixed attacks, open-handed and grasps



## Adult Kyu Grade Syllabus

Randori

Single attacker  
with Tanto –  
Uke to use  
counters  
(variations of  
first five  
techniques of  
the Randori-  
no-Kata)



## Adult Kyu Grade Syllabus

### 1st Kyu – Brown Belt

Timescale: More than 9 months as 2nd Kyu. Minimum of 120 hours consistent practice as 2nd Kyu recommended

<b>Core Skills</b>	Shichi-hon-no-kuzushi 1–14	To show balance disturbance, circular movement and control.
	Randori-no-kata	
<b>Technique</b>	Kuzushi	Demonstration of up to three balance disturbances for Randori.
	Koryu-dai-san 1. Oshi-taoshi 2. Gyaku-gamae-ate 3. Kote-gaeshi 4. Ryote-mochi-sukui-nage 5. Tenkai-kote-hineri 6. Shiho-nage 7. Gedan-ate 8. Hiji-kime	Suwari-waza Section A (8 techniques)
<b>Application</b>	Hikitatigeiko	Empty-handed (Toshu). Tori showing continuation and combination techniques