

# 5th Kyu Adult Grading Syllabus 2023

60 hours of training

## Partner Exercises

### **Gyakuhanmi Katatedori**

1. Tai no Henko - Jodan
2. Tai no Henko - Chudan
3. Tai no Henko - Gedan
4. Irimi front
5. Uchikaiten
6. Sotokaiten
7. Irimi behind - Jodan
8. Irimi behind - Chudan
9. Irimi behind - Gedan

### **Aihanmi Katatedori**

1. Ikkyo - Omote
2. Ikkyo - Ura
3. Irimi behind - Jodan
4. Irimi behind - Chudan
5. Irimi behind - Gedan

---

## Techniques Suwariwaza ( All through omote & ura)

### **Katadori**

1. Ikkyo

### **Shomenuchi**

1. Ikkyo

---

## Techniques Tachiwaza ( All through omote & ura)

### **Gyakuhanmi Katatedori**

1. Ikkyo
2. Nikyo
3. Iriminage
4. Shihonage
5. Uchikaitenage
6. SotoKaitenage
7. Sumiotoshi
8. Tenchinage
9. Kokyuhō

### **Aihanmi Katatedori**

1. Ikkyo
2. Nikyo
3. Iriminage
4. Shihonage
5. Kotegaeshi

### **Katadori**

1. Ikkyo
2. Nikyo

### **Myrotedori**

1. Ikkyo
2. Kōkyūnage
3. Kōkyō

### **Yokomenuchi**

1. Ikkyo

### **Shomenuchi**

1. Ikkyo
2. Nikyo

### **Ryotedori - Suwariwaza**

Sitting Kōkyūhō

---

## Weapons

### **Bokken**

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

### **Jo**

- 5 of 12 Kesa  
5 of 12 Tsuki  
5 of 12 Shomen