

Junior Grading Syllabus(2023)

Age 6 – 12

GREEN BELT Plus Blue Stripes

Demonstrate

Hanmi handachi

Tachiwaza

Suwariwaza

Grabs

Ai hanmi Katate dori

Gyaku hanmi katate dori

Ryoto dori

Ushiro Ryoto dori

Techniques Hanmi handachi

Gyaku hanmi:

Kokkyunage

Sumiotoshi

Tenchinage

Techniques

Ai hanmi Katate dori:

Ikkyo (irimi & tenkan)

Iriminage

Kotegaeshi

Jujinage

Kokkyu-ho

Sumiotosh

Techinage

Kokyunage (And variations)

Gyaku hanmi katate dori:

Ikkyo (irimi & tenkan)

Kokkyunage (And variations)

Sumiotoshi

Tenchinage

Uchikaiten nage

Shionage (No Grip)

kokkyu-ho

Shomenuchi

Ikkyo (irimi & tenkan)
Kotegaeshi
Iriminage
Kokyuho

Yokomenuchi

Sumiotosh
Techinage

Tsuki

Kokyuho
Kotegashi

Morotedori

Ikkyo (irimi & tenkan)
Kokyunage
Kokyuho

Ryotedori

Ikkyo (irimi & tenkan)
Sumitoshi
Techinage
Ucikaitenage

Ushiro Ryoto dori

Kokyunage

Sitting Kokkyu-ho

Weapons

Shihogiri

Happogiri

Chiba sensei 8 suburi

Jyo 1-10 of 20 suburi