

Junior Grading Syllabus(2023)

Age 6 – 10

NOVICE PLUS Red Stripes

Ukemi forward and backward
Shikko forward and backward

Free standing exercises

Posture
Tenkan
Backfoot irimi tankan
Tenkiashi
Shomenuichi
Yokomenuichi
Tsuki

Techniques

Gyaku hanmi katate dori:

Uchikaiten nage
Sumiotoshi
Tenchinage
kokkyu-ho

Sitting Kokkyu-ho