

Junior Grading Syllabus (2023)

Age 6 – 10

RED BELT Plus Yellow stripes

Demonstrate

Hanmi handachi

Tachiwaza

Suwariwaza

Ai hanmi Katate dori

Gyaku hanmi katate dori

Techniques

Ai hanmi Katate dori:

Ikkyo tenkan

Iriminage

Jujinage

Gyaku hanmi katate dori:

kokkyu-ho

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaiten nage

Sitting Kokkyu-ho

Weapons

Shihogiri

Happogiri