

Teenagers Grading Syllabus(2023).

Age 13-17

BLUE BELT Plus Brown Stripes

Demonstrate

Ukemi over person

Hanmihandachi

Tachiwaza

Suwariwaza

Techniques Suwariwaza

Shomenuchi:

Ikkyo (I&T)

Iriminage (2 Stripe)

Nikkyo (1Stripe)

Kotegaeshi

Sankyo (2 Stripe)

Kokyuhō

Yonkyo (3 Stripe)

Gokkyo

Techniques Hanihandachi

Gyakuhanmi:

Uchikaitenage (Tenkan first)

Kokkyunage

Sumiotoshi (Tenkan first)

Shionage

Tenchinage (Tenkan first)

Kokyuhō

Techniques Tachiwaza

Aihanmi Katate dori:

Ikkyo (I&T)

Nikkyo (I&T)

Sankyo(I&T) (2 Stripe)

Yonkyo (I&T) (3 Stripe)

Gokkyo

Iriminage

Shihonage

Jujinage

Kotegashi

Sumiotoshi

Tenchinage

Sotokaitenage

Uchikaitenage

Kokyunage

Kokyuhō

Gyakuhanmi katate dori:

Ikkyo (I&T)

Nikkyo (I&T) (3 Stripe)

Gokkyo

Kokkyunage

kokkyu-ho

Sumiotoshi

Tenchinage

Uchikaitenage

Sotokaitenage

Shihonage

Iriminage

Kotegashi

Jujinage

Koshinage

Kata:

Ikkyo (I&T)

kokkyu-ho

Sumiotoshi

Morotedori	Ryotemochi	Ushiro Ryotedori
Ikkyo (I&T)	Ryotedori	Kokyunage
Nikkyo (I&T)	Ikkyo (I&T)	Ikkyo (I&T)
Kokyho	Nikkyo (I&T) (3 Stripe)	Kotegashi
Kokyunage	Kokyuho	Iriminage
Shihonage	Kokyunage	Jujinage
Iriminage (Tenkan first)	Sumitoshi	
Kotegashi (Tenkan first)	Tenchinage	Kubi Jime
	Uchikaitenage	Ikkyo (I&T)
	Iriminage	Kokyunage
	Kotegashi	Jujinage
	Jujinage	
	Sotokaitenage	
	Shihonage	
	Koshinage	

Shomenuchi	Yokomenuchi	Tsuki
Ikkyo (I&T)	Ikkyo (I&T)	Ikkyo (I&T)
Nikkyo (I&T) (3 Stripe)	Nikkyo (I&T) (3 Stripe)	Kokyuho
Gokkyo	Sumiotoshi	Kotegashi
Kokyuho	Tenchinage	Sumiotoshi
Iriminage	Uchikaitenage	Tenchinage
Kotegaeshi	Kotegaeshi	Uchikaitenage
Sumiotoshi	Iriminage	
Tenchinage	Kokyuho	
Uchikaitenage	Jujinage	
Kaitenage	Shihonage	
	Kokyunage	

Sitting Kokkyu-ho

Weapons

Shihogiri	Kesa movements 1-4 (1 stripe)
Happogiri	Kesa movements 4-8 (2 stripe)
Chiba sensei 8 suburi	Kesa movements 8-12 (3 stripe)
Jyo 20 suburi	Sansho Part 1