

Teenagers Grading Syllabus(2023).

Age 13-17

GREEN BELT Plus Blue Stripes

Demonstrate

Ukemi over person

Hanmihandachi

Tachiwaza

Suwariwaza

Techniques Suwariwaza

Shomenuchi:

Ikkyo (I&T)

Gokkyo

Kotegaeshi

Kokyuho

Techniques Hanmihandachi

Gyakuhanmi: (Always Tenkan first)

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaitenage

Techniques Tachiwaza

Aihanmi Katate dori:

Ikkyo (I&T)

Nikkyo (I&T)(2 stripe)

Gokkyo

Iriminage

Jujinage

Kotegashi

Sumiotoshi

Tenchinage

Uchikaitenage

Sotokaitenage

Kokyunage

Kokyuho

Gyakuhanmi katate dori:

Ikkyo (I&T)

Gokkyo

kokkyu-ho

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaitenage

Sotokaitenage

Iriminage

Kotegashi

Jujinage

Shihonage

Koshinage

Kata:

Ikkyo (I&T)

kokkyu-ho

Morotedori

Ikkyo (I&T)
Kokyho
Kokyunage
Shihonage

Ryotemochi**Ryotedori**

Ikkyo (I&T)
Kokyuho
Kokyunage
Sumitoshi
Tenchinage
Uchikaitenage
Sotokaitenage
Kotegashi
Iriminage
Jujinage
Shihonage
Koshinage

Ushiro Ryoto dori

Kokyunage
Ikkyo (I&T)
Iriminage
Kotegashi

Kubi Jime

Ikkyo (I&T)
Kokyunage

Shomenuchi

Ikkyo (I&T)
Gokkyo
Kokyuho
Iriminage
Kotegaeshi
Sumiotoshi
Tenchinage
Uchikaitenage
Kaitenage

Yokomenuchi

Ikkyo (I&T)
Sumiotoshi
Tenchinage
Uchikaitenage
Iriminage
Kotegaeshi
Kokyuho

Tsuki

Kokyuho
Kotegashi
Sumiotoshi
Tenchinage
Uchikaitenage

Sitting Kokkyu-ho

Weapons

Shihogiri
Happogiri
Chiba sensei 8 suburi
Jyo 20 suburi
Sansho Part 1