

# Teenagers Grading Syllabus(2023).

## Age 13-17

### NOVICE Plus Red Stripes

Ukemi	forward and backward
Shikko	forward and backward

### Free standing exercises

Posture  
Tenkan  
Backfoot irimi Tenkan  
Tenkiashi  
Shomenuichi  
Yokomenuchi  
Tsuki

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## Techniques

### **Aihanmi Katate dori:**

Ikkyo Tenkan  
Iriminage  
Jujinage

### **Gyakuhanmi katate dori:**

kokkyu-ho  
Kokkyunage  
Sumiotoshi  
Tenchinage  
Uchikaitenage

### **Sitting Kokkyu-ho**

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## Weapons

Shihogiri  
Happogiri