

# Teenagers Grading Syllabus(2023).

Age 13-17

## ORANGE BELT Plus Green Stripes

### Demonstrate

Ukemi over person

Hanmihandachi

Tachiwaza

Suwariwaza

---

### Techniques Suwariwaza

#### **Shomenuchi:**

Ikkyo (I&T)

Gokkyo

Kotegaeshi

Kokyuhō

---

### Techniques Hanmihandachi

**Gyakuhanmi:** (Always Tenkan first)

Kokkyunage

Sumiotoshi

Tenchinage

---

### Techniques Tachiwaza

#### **Aihanmi Katate dori:**

Ikkyo (I&T)

Nikkyo (I&T)

Gokkyo

Iriminage

Kotegashi

Jujinage

Sumiotoshi

Tenchinage

Uchikaitenage

SotoKaitenage

Kokyunage

Kokyuhō

#### **Gyakuhanmi katate dori:**

Ikkyo (I&T)

Gokkyo

kokkyu-ho

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaitenage

Sotokaitenage

Iriminage

Kotegashi

Jujinage

Shihonage

Koshinage

**Morotedori**

Ikkyo (I&amp;T)

Kokyho

Kokyunage

**Ryotemochi****Ryotedori**

Ikkyo (I&amp;T)

Kokyuho

Kokyunage

Sumitoshi

Tenchinage

Uchikaitenage

Iriminage

Kotegashi

Jujinage

**Ushiro Ryoto dori**

Kokyunage

**Shomenuchi**

Ikkyo (I&amp;T)

Gokkyo

Kokyuho

Iriminage

Kotegaeshi

Sumiotoshi

Tenchinage

**Yokomenuchi**

Ikkyo (I&amp;T)

Sumiotoshi

Tenchinage

Uchikaitenage

Kotegaeshi

**Tsuki**

Kokyuho

Kotegashi

Sumiotoshi

Tenchinage

**Sitting Kokkyu-ho**

---

**Weapons**

Shihogiri

Happogiri

Chiba sensei 8 suburi

Jyo 20 suburi

Sansho Part 1