

Teenagers Grading Syllabus(2023).

Age 13-17

RED BELT Plus Yellow Stripes

Demonstrate

Ukemi over person

Hanmihandachi

Tachiwaza

Suwariwaza

Techniques Suwariwaza

Shomenuchi:

Ikkyo (irimi & tenkan)

Techniques Hanmihandachi

Gyakuhanmi: (Always Tenkan first)

Kokkyunage

Sumiotoshi

Tenchinage

Techniques Tachiwaza

Aihanmi Katate dori:

Ikkyo (Irimi & tenkan)

Iriminage

Jujinage

Kotegashi

Kokyuho

Gyakuhanmi katate dori:

Ikkyo (Irimi & tenkan)

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaitenage

Shihonage

Iriminage

Kotegashi

Jujinage

kokkyu-ho

Morotedori

Kokyho

Kokyunage

Ryotemochi**Ryotedori**

Kokyuho

Kokyunage

Sumitoshi

Tenchinage

Ushiro Ryotedori

Kokyunage

Shomenuchi

Kokyuho

Kotegaeshi

Iriminage

Tsuki

Kokyuho

Kotegashi

Sitting Kokkyu-ho

Weapons

Shihogiri

Happogiri

Chiba sensei suburi 1-4

Jyo 1-5 suburi