

Teenagers Grading Syllabus(2023).

Age 13-17

YELLOW BELT Plus Orange 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)

Nikkyo (Irimi & tenkan)

Iriminage

Jujinage

Kotegashi

Kokyuho

Kokynage

Gyakuhanmi katate dori:

kokkyu-ho

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaitenage

Shihonage

Iriminage

Kotegashi

Jujinage

Morotedori

Ikkyo (Irimi & tenkan)
Kokyho
Kokyunage

Ryotemochi**Ryotedori**

Ikkyo (Irimi & tenkan)
Kokyuho
Kokyunage
Sumitoshi
Tenchinage
Uchikaitenage
Iriminage
Kotegashi
Jujinage

Ushiro Ryoto dori

Kokyunage

Shomenuchi

Ikkyo (Irimi & tenkan)
Kokyuho
Kotegaeshi
Iriminage
Sumiotoshi
Tenchinage

Yokomenuchi

Sumiotoshi
Tenchinage
Uchikaitenage

Tsuki

Kokyuho
Kotegashi

Sitting Kokkyu-ho

Weapons

Shihogiri
Happogiri
Chiba sensei 8 suburi
Jyo 1-10 of 20 suburi