

Junior Grading Syllabus(2023)

Age 6 – 12

YELLOW BELT Plus Orange Stripes

Demonstrate

Hanmi handachi

Tachiwaza

Suwariwaza

Grabs

Ai hanmi Katate dori

Gyaku hanmi katate dori

Morotedori

Ryoto dori

Ushiro Ryoto dori

Techniques

Ai hanmi Katate dori:

Ikkyo (irimi & tenkan)

Iriminage

Kotegaeshi

Jujinage

Kokkyu-ho

Gyaku hanmi katate dori:

kokkyu-ho

Kokkyunage

Sumiotoshi

Tenchinage

Uchikaiten nage

Morotedori

Kokyunage

Ryotedori

Sumitoshi

Techinage

Shomenuchi

Kokyuho

Sitting Kokkyu-ho

Weapons

Shihogiri

Happogiri

Chiba sensei suburi 1-4

Jyo 1-5 suburi