



6th KYU TEST

Prerequisite: Minimum 20 Classes

UKEMI / FALLS

Back Rolls

2 TAI SABAKI / BODY MOVEMENT

Footwork: Irimi (entering) – 2 versions; Tenkan (turning) – 2 versions

Shikko (knee-walking)

Awase (blending) w/ *ma-ai* in response to Mune Tsuki, Shomen, Yokomen strikes

3 TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES

Tai no Henko (Kihon & Ki no Nagare)

Morote Dori Kokyu Ho (Kihon)

Kokyu Dosa (performed at end of test; after Buki Waza)

4 BUKI WAZA / WEAPONS TECHNIQUES

Ken Suburi: 1 through 3



5th KYU TEST

Prerequisite: Minimum 30 Classes

1

UKEMI / FALLS

Forward Rolls

2

TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES

Ikkyo: Shomen Uchi (Omote & Ura)

Nikyo: Kata Dori (Ura)

Irimi Nage: Shomen Uchi (Basic; Count each step out loud)

Shiho Nage: Katate Dori (Omote & Ura)

Kote Gaeshi: Mune Tsuki, Katate Dori

3

ADDITIONAL

Be ready to demonstrate **3 additional techniques** from one of these attacks: **Morote Dori, Ryote Dori, or Katate Dori**

4

BUKI WAZA / WEAPONS TECHNIQUES

Ken Suburi: 4-7 (be ready to show all 7)



4th KYU TEST

Prerequisite: Minimum 60 Classes

1

UKEMI / FALLS

Forward and back 'push-falls'

2

TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES

Ikkyo: Shomen Uchi, Katate & Ryote Dori, Mune Tsuki
(including Ki no Nagare)

Nikyo: Shomen Uchi (Omote & Ura)

Irimi Nage: Shomen Uchi (Kihon + Ki no Nagare; Ai Hanmi + Gyaku Hanmi)

Shiho Nage: Ryote Dori (Omote & Ura)

Kote Gaeshi: Kosa Dori, Ryote Dori, Shomen Uchi

Tenchi Nage (Basic, Kihon)

3

ADDITIONAL

Be ready to demonstrate **2 additional techniques** from each of these attacks: **Morote Dori, Ryote Dori, or Kosa Dori**

4

BUKI WAZA / WEAPONS TECHNIQUES

Jo Suburi: 1-10 (say the Japanese name of each before performing)

13 Jo Kata



3rd KYU TEST

Prerequisite: Minimum 80 Classes

1

UKEMI / FALLS

Aided Tobukemi (assisted high-fall holding partner's forearm)

2

TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES

Ikkyo-Yonkyo: Shomen Uchi (Omote & Ura)

Ikkyo: Yokomen Uchi, Kata Dori, Kosa Dori

Koshi Nage: Katate Dori, Ryote Dori

Irimi Nage: Mune Tsuki, Katate Dori, Kosa Dori
(including Ki no Nagare)

Shiho Nage: Yokomen Uchi, Ryote Dori, Kosa Dori
(including Ki no Nagare)

Kokyu Nage: Ushiro Ryote Dori, Ushiro Ryokata Dori, Katate Dori,
Kosa Dori, Ryote Dori (including Ki no Nagare)

3

BUKI WAZA / WEAPON TECHNIQUES

Jo Suburi: 11-20 (say the Japanese name of each before performing)

31 Jo Kata

4

JIYU WAZA / FREE-STYLE ATTACK & RESPONSE

One attacker ("slow and smooth; emphasis on blending")



2nd KYU TEST

Prerequisite: Minimum 100 Classes

1 **UKEMI / FALLS**

High-falls: Koshi Nage, Irimi Nage (from Mune Tsuki)

2 **FROM SEIZA / SEATED TECHNIQUES**

Suwari Waza Ikkyo-Yonkyo: Shomen Uchi or Yokomen Uchi

Hanmi Handachi Shiho Nage: Katate Dori, Ryote Dori

3 **TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES**

Ikkyo: Kata Dori, Sode Dori, Muna Dori, Ushiro Eri Tori

Kaiten Nage: Katate Dori, Shomen Uchi, or Mune Tsuki

Juji Nage: Muna Dori

Koshi Nage: Shomen Uchi, Mune Tsuki

Tenchi Nage: Ki no Nagare (turning and direct)

Kokyu Nage: Ushiro Eri Tori

Irimi Nage

Shiho Nage

Kote Gaeshi

From:

Shomen Uchi, Yokomen Uchi, Mune Tsuki, Kata Dori,
Morote Dori, Kosa Dori

4 **BUKI WAZA / WEAPONS TECHNIQUES**

10 Kumi Jo

5 Kumi Tachi + Ki Musubi no Tachi

5 **JIYU WAZA / FREE-STYLE ATTACK & RESPONSE**

One or two attackers



1st KYU TEST

Prerequisite: Minimum 150 Classes + at least 9 months since 2nd Kyu

1 UKEMI / FALLS

1

High-falls from Kote Gaeshi and Shiho Nage (from Mune Tsuki)

2 FROM SEIZA / SEATED TECHNIQUES

2

Suwari Waza Ikkyo-Yonkyo:
Shomen Uchi, Yokomen Uchi, or
Kata Dori

Hanmi Handachi: Kaiten Nage,
Kote Gaeshi, Irimi Nage (Mune
Tsuki, Shomen Uchi)

Suwari Waza Gokyo:
Yokomenuchi (Ura)

5 Hanmi Handachi Ushiro Ki no
Nagare techniques

3 TAI JUTSU / TACHI WAZA / STANDING TECHNIQUES

3

Ikkyo-Yonkyo: Shomen Uchi, Yokomen Uchi, Kata Dori

Gokyo: Yokomen Uchi (Ura)

Nikyo: 4 Henka (variations) from Katate Dori*

Irimi Nage: 5 from any attack + progression from Shomen Uchi (4)*

Kote Gaeshi: 5 from any attack

Shiho Nage: 5 from any attack + 4 directions from Katate Dori*

Koshi Nage: 3 from any attack + 5 Morote Dori variations*

5

Ushiro-waza: Ushiro Ryote Dori (4 + Juji Nage), Ushiro Ryokata Dori (3),
Ushiro Eri Tori (2), Ushiro Te Kubishime (1+ Juji Nage)

4 BUKI WAZA / WEAPONS

4

Tachi Dori (5), Tanto Dori (5)
31 Jo Kata - Partner

RANDORI / MULTIPLE ATTACKERS

**1 or 2 attackers: May include
throwing** using no hands; starting
with 2 attackers holding

6 KOKYU DOSA / BREATH EXERCISE

6

Basic + 5 variations*



TEST NOTES

- ☛ All tests begin with Tai no Henko and Morote Dori Kokyu Ho, and end with Kokyu Dosa
- ☛ All techniques start in Kihon form by default unless otherwise indicated
- ☛ Wherever applicable, be prepared to demo Omote and Ura forms
- ☛ Tests are cumulative. The test may cover all techniques listed as well as those studied for previous kyu tests. It is possible you will be asked to demonstrate something not described in this test requirement document. :->)
- ☛ Numbers in parenthesis indicate the *minimum* number of examples of the technique you should be prepared to demonstrate.
- ☛ 1st & 2nd Kyu: be ready for Ki no Nagare versions wherever applicable

1st Kyu:

- ☛ Morote Dori variations (Kihon): 1) Arm held high; 2) Arm twisted; 3) Arm pulled low; 4) Wrist held
- ☛ Katate Dori Nikyo variations (Kihon): Demonstrate 2 responses to each of these situations: 1) Uke's elbow is up; 2) Uke's arm is straight
- ☛ Shomen Uchi Irimi Nage progression: (1) Basic, counting each step; (2) flow those steps together; (3) flow and turn (180); (4) direct entry
- ☛ Morote Dori Koshi Nage (5): Low to High, Hip Under; Low to High, Head Under; High to Low, Hip Under; High to Low, Head Under; Direct entry Hip Under
- ☛ Kokyu Dosa henka: 1) Hands gripped from below; 2) Grip from above; 3) Held full strength; 4) Elbows pinned; 5) Hands pinned down on knees; 6) Hands held together
- ☛ Be sure to review techniques in response to these grabs/attacks:
 - Strikes: Shomen Uchi, Yokomen Uchi, Mune Tsuki
 - Grabs: Katate Dori, Ryote Dori, Kata Dori, Morote Dori, Sode Dori, Kosa Dori, Muna Dori
 - Grabs from rear: Ushiro Ryote Dori, Ushiro Ryokata Dori, Ushiro Eri Tori, Ushiro Tekubishime