

## Adult Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
<b>6th Kyu (Blue Belt)</b>	24 hours of practice (~6 months, 1 hr per week)	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Shihonage	Kata tedoru	Single-handed grip to the wrist
		4	Kokyuhō	Zagi	Sitting
<b>5th Kyu (Blue Gold Tip Belt)</b>	24 hours of practice after obtaining 6th Kyu (~6 months, 1 hr per week)	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Shihonage	Kata tedoru	Single-handed grip to the wrist
		4	Kokyuhō	Zagi	Sitting
<b>4th Kyu (Brown Belt)</b>	48 hours of practice after obtaining 5th Kyu (~12 months, 1 hr per week)	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Ni kyo	Kata tedoru	Shoulder grip
		4	Shihonage	Yokomenuchi	Circular strike to the head
		5	Kokyuhō	Zagi	Sitting
<b>3rd Kyu (Brown Gold Tip Belt)</b>	48 hours of practice after obtaining 4th Kyu (~12 months, 1 hr per week)	1	Ik kyo	Shomenuchi (zagi and tachi waza/ free movement)	Strike to head (sitting and standing)
		2	Ni kyo		
		3	San kyo		
		4	Yon kyo		
		5	Shihonage	1. Ryo tedoru 2. Yokomenuchi	1. Both hands grabbed by both hands 2. Circular strike to the head
		6	Iriminage	1. Shomenuchi 2. Tsuki	1. Strike to head 2. Trust
		7	Kotegaeshi		
		8	Tenchinage	Ryo tedoru	Both hands grabbed by both hand
		9	Kokyuhō	Zagi	Sitting
<b>2nd Kyu (Black Belt)</b>	48 hours of practice after obtaining 3rd Kyu (~12 months, 1 hr per week)	1	Ik kyo	1. Shomenuchi (zagi and tachi waza/ free movement) 2. Kata dori (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist (sitting and standing)
		2	Ni kyo		
		3	San kyo		
		4	Yon kyo		
		5	Shihonage	1. Kata tedoru 2. Hanmi handachi	1. Single-handed grip to the wrist 2. Uke is standing up and the nage is sitting
		6	Iriminage	1. Shomenuchi Tsuki (tachi waza/ free movement) 2. Kata tedoru	1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist
		7	Kotegaeshi		
		8	Kaitennage	Kata tedoru	Single-handed grip to the wrist
		9	Jiyu waza (Free movement)		
		10	Tenchinage	Ryo tedoru	Both hands grabbed by both hand
		11	Kokyuhō	Zagi	Sitting
<b>1st Kyu (Black Gold Tip Belt)</b>	72 hours of practice after obtaining 2nd Kyu (~18 months, 1 hr per week)	1	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement) 2. Yokomen-uchi (zagi and tachi waza/ free movement) 3. Kata dori (zagi and tachi waza/ free movement) 4. Ushiro Ryo tedoru	1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist (sitting and standing) 3. Single-handed grip to the wrist (sitting and standing) 4. Both shoulders grabbed from behind
		2	Ni kyo		
		3	San kyo		
		4	Yon kyo		
		5	Go kyo	Yokomenuchi	Circular strike to the head
		6	Shihonage	1. Kata tedoru 2. Ryo tedoru 3. Hanmi-handachi	1. Single-handed grip to the wrist 2. Both hands grabbed by both hand 3. Uke is standing up and the nage is sitting
		7	Iriminage	1. Shomenuchi	1. Strike to head
		8	Kotegaeshi	2. Tsuki 3. Kata tedoru	2. Trust 3. Single-handed grip to the wrist
		9	Kaitennage		
		10	Tenchinage	Ryo tedoru	Both hands grabbed by both hand
		11	Jiyu waza (free movement)	1. Kata tedoru 2. Ryo tedoru 3. Moro tedoru	1. Single-handed grip to the wrist 2. Both hands grabbed by both hand 3. Both hands to grab 1 wrist
		12	Kokyuhō	1. Zagi 2. Tachi waza/ free movement	1. Sitting 2. Standing