

Adult Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
6th Kyu (Blue Belt)	30 days of practice	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Shihonage	Katatedori	Single-handed grip to the wrist
		4	Kokyuho	Zagi	Sitting
5th Kyu (Blue Gold Tip Belt)	30 days of practice after obtaining 6th Kyu	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Shihonage	Katatedori	Single-handed grip to the wrist
		4	Kokyuho	Zagi	Sitting
4th Kyu (Brown Belt)	40 days of practice after obtaining 5th Kyu	1	Ik kyo	Shomenuchi	Strike to head
		2	Iriminage		
		3	Ni kyo	Katadori	Shoulder grip
		4	Shihonage	Yokomenuchi	Circular strike to the head
		5	Kokyuho	Zagi	Sitting
3rd Kyu (Brown Gold Tip Belt)	50 days of practice after obtaining 4th Kyu	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. Ryotedori 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. Thrust / punch
		7	Kotegaeshi		
		8	Tenchinage	Ryotedori	Both hands grabbed by both hand
		9	Kokyuho	Zagi	Sitting
2nd Kyu (Black Belt)	50 days of practice after obtaining 3rd Kyu	1	Ik kyo	1. Shomenuchi (zagi and tachi waza/ free movement) 2. Katadori (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. Katatedori 2. Hanmi-handachi	1. Single-handed grip to the wrist 2. Uke is standing and nage is sitting
		6	Iriminage	1. Shomenuchi Tsuki (tachi waza/ free movement) 2. Katatedori	1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist
		7	Kotegaeshi		
		8	Kaitennage	Katatedori	Single-handed grip to the wrist
		9	Jiyu waza (Free movement)		
		10	Tenchinage	Ryotedori	Both hands grabbed by both hand
		11	Kokyuho	Zagi	Sitting
1st Kyu (Black Gold Tip Belt)	60 days of practice after obtaining 2nd Kyu	1	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement) 2. Yokomen-uchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori	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. Katatedori 2. Ryotedori 3. Hanmi-handachi	1. Single-handed grip to the wrist 2. Both hands grabbed by both hand 3. Uke is standing and nage is sitting
		7	Iriminage	1. Shomenuchi 2. Tsuki 3. Katatedori	1. Strike to head 2. Thrust / punch 3. Single-handed grip to the wrist
		8	Kotegaeshi		
		9	Kaitennage		
		10	Tenchinage	Ryotedori	Both hands grabbed by both hand
		11	Jiyu waza (free movement)	1. Katatedori 2. Ryotedori 3. Morotedori	1. Single-handed grip to the wrist 2. Both hands grabbed by both hands 3. Both hands to grab 1 wrist
		12	Kokyuho	1. Zagi 2. Tachi waza/ free movement	1. Sitting 2. Standing