

Children / Youth Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
11th Kyu (Orange belt)	24 hours of training from achieving 12th Kyu (~6 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Suwari waza	-	Seated stance
		3	Shikko	-	Knee walking
		4	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		5	Hanmi stance	-	Left and right
		6	Tenkan basics	-	-
		7	Iriminage	Kata tedorì (ai hanmi)	Single-handed grip to the opposite wrist
		8	Ik kyo (omote and ura)	Kata tedorì (ai hanmi)	Single-handed grip to the opposite wrist
		9	Ik kyo	Shomenuchi	Strike to head
		10	Tenchinage	-	-
		12	Kokyunage	-	-
		10th Kyu (Red belt)	24 hours of training from achieving 11th Kyu (~6 months, 1 hr per week)	1	Dojo etiquette
2	Suwari waza			-	Seated stance
3	Shikko			-	Knee walking
4	Ukemi (Mae & Ushiro)			-	Forward and backward rolls
5	Hanmi stance			-	Left and right
6	Tenkan basics			-	-
7	Iriminage			1. Kata tedorì (ai hanmi) 2. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Strike to head
8	Ik kyo (omote and ura)			1. Kata tedorì (ai hanmi) 2. Zagi 3. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Sitting 3. Strike to head
9	Tenchinage			Ryo tedorì	Both hands grabbed by both hands
10	Kokyunage			1. Ryo tedorì 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
11	Shihonage			Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
12	Kokyuho			1. Ryo tedorì 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
9th Kyu (Blue Belt)	24 hours of training from achieving 10th Kyu (~6 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Suwari waza	-	Seated stance
		3	Shikko	-	Knee walking
		4	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		5	Hanmi stance	-	Left and right
		6	Tenkan basics	-	-
		7	Iriminage	1. Kata tedorì (ai hanmi) 2. Ryo tedorì	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands
		8	Ik kyo (omote and ura)	1. Kata tedorì (ai hanmi) 2. Zagi 3. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Sitting 3. Strike to head
		9	Tenchinage	Ryo tedorì	Both hands grabbed by both hands
		10	Kokyunage	1. Ryo tedorì 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
		11	Kokyuho	1. Ryo tedorì 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
		12	Kotegaeshi	Tsuki	Trust
		13	Shihonage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
		14	Kaitenage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
8th Kyu (Blue- One Tip Belt)	24 hours of training from achieving 9th Kyu (~6 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right

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		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedori (ai hanmi) 2. Ryo tedori 3. Zagi 4. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head
		7	Ik kyo (omote and ura)	Kata tedori (ai hanmi)	Single-handed grip to the opposite wrist
		8	Tenchinage	Ryo tedori	Both hands grabbed by both hands
		9	Kokyunage	Kata tedori (gyaku hanmi)	Single-handed grip to the same side wrist
		10	Kokyuho	Kata tedori (gyaku hanmi)	Single-handed grip to the same side wrist
		11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedori (gyaku hanmi)	Single-handed grip to the same side wrist
7th Kyu (Blue-Two Tip Belt)	48 hours of training from achieving 8th Kyu (~12 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedori (ai hanmi) 2. Ryo tedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Trust 6. Circular strike to the head
		7	Ik kyo (omote and ura)	1. Kata tedori (ai hanmi) 2. Zagi	1. Single-handed grip to the opposite wrist 2. Sitting
		8	Tenchinage	Ryo tedori	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedori (gyaku hanmi) 2. Ryo tedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
		10	Kokyuho	1. Kata tedori (ai hanmi) 2. Kata tedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedori	1. Single-handed grip to the opposite wrist 2. Single-handed grip to the same side wrist 3. Circular strike to the head 4. Sitting 5. Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedori (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedori (gyaku hanmi)	Single-handed grip to the same side wrist
6th Kyu (Brown Belt)	48 hours of training from achieving 7th Kyu (~12 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedori (ai hanmi) 2. Ryo tedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Trust 6. Circular strike to the head
		7	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
		Ni kyo	2. Yokomen-uchi (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)	
		San kyo	3. Kata dori (zagi and tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and standing)	
		Yon kyo	4. Ushiro Ryo tedori	4. Both shoulders grabbed from behind	
		8	Tenchinage	Ryo tedori	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedori (gyaku hanmi) 2. Ryo tedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust

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		10	Kokyuho	1. Kata tedorì (ai hanmi) 2. Kata tedorì (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedorì	1. Single-handed grip to the opposite wrist 2. Single-handed grip to the same side wrist 3. Circular strike to the head 4. Sitting 5. Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
5th Kyu (Brown- One Tip Belt)	48 hours of training from achieving 6th Kyu (~12 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedorì (ai hanmi) 2. Ryo tedorì 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Trust 6. Circular strike to the head
		7	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
			Ni kyo	2. Yokomen-uchi (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)
			San kyo	3. Kata dori (zagi and tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and standing)
			Yon kyo	4. Ushiro Ryo tedorì	4. Both shoulders grabbed from behind
		8	Tenchinage	Ryo tedorì	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedorì (gyaku hanmi) 2. Ryo tedorì 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
		10	Kokyuho	1. Kata tedorì (ai hanmi) 2. Kata tedorì (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedorì	1. Single-handed grip to the opposite wrist 2. Single-handed grip to the same side wrist 3. Circular strike to the head 4. Sitting 5. Both hands grabbed by both hands
11	Kotegaeshi	Tsuki	Trust		
12	Shihonage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist		
13	Kaitenage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist		
4th Kyu (Brown- Two Tip Belt)	48 hours of training from achieving 5th Kyu (~12 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedorì (ai hanmi) 2. Ryo tedorì 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Trust 6. Circular strike to the head
		7	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
			Ni kyo	2. Yokomen-uchi (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)
			San kyo	3. Kata dori (zagi and tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and standing)
			Yon kyo	4. Ushiro Ryo tedorì	4. Both shoulders grabbed from behind
			Go kyo	Yokomenuchi	Circular strike to the head
		8	Tenchinage	Ryo tedorì	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedorì (gyaku hanmi) 2. Ryo tedorì 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust

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		10	Kokyuho	1. Kata tedorì (ai hanmi) 2. Kata tedorì (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedorì	1. Single-handed grip to the opposite wrist 2. Single-handed grip to the same side wrist 3. Circular strike to the head 4. Sitting 5. Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist
3rd Kyu (Brown- Three Tip Belt)	48 hours of training from achieving 4th Kyu (~12 months, 1 hr per week)	1	Dojo etiquette	-	Formal bows on/off tatami
		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedorì (ai hanmi) 2. Ryo tedorì 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Trust 6. Circular strike to the head
		7	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
			Ni kyo	2. Yokomen-uchi (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)
			San kyo	3. Kata dori (zagi and tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and standing)
			Yon kyo	4. Ushiro Ryo tedorì	4. Both shoulders grabbed from behind
			Go kyo	Yokomenuchi	Circular strike to the head
		8	Tenchinage	Ryo tedorì	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedorì (gyaku hanmi) 2. Ryo tedorì 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
10	Kokyuho	1. Kata tedorì (ai hanmi) 2. Kata tedorì (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedorì	1. Single-handed grip to the opposite wrist 2. Single-handed grip to the same side wrist 3. Circular strike to the head 4. Sitting 5. Both hands grabbed by both hands		
11	Kotegaeshi	Tsuki	Trust		
12	Shihonage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist		
13	Kaitenage	Kata tedorì (gyaku hanmi)	Single-handed grip to the same side wrist		
2nd Kyu (Black Belt) Matching with the adult grading	48 hours of training from achieving 3rd Kyu (~12 months, 1 hr per week)	1	Ik kyo	1. Shomenuchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
		2	Ni kyo	2. Kata dori (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)
		3	San kyo		
		4	Yon kyo		
		5	Shihonage	1. Kata tedorì 2. Hanmi handachi	1. Single-handed grip to the wrist 2. Uke is standing up and the nage is sitting
		6	Iriminage	1. homenuchi Tsuki (tachi waza/ free movement)	1. Strike to head (sitting and standing)
		7	Kotegaeshi	2. Kata tedorì	2. Single-handed grip to the wrist
		8	Kaitennage	Kata tedorì	Single-handed grip to the wrist
		9	Jiyu waza (Free movement)		
		10	Tenchinage	Ryo tedorì	Both hands grabbed by both hand
		11	Kokyuho	Zagi	Sitting
1st Kyu (Black- Gold Tip Belt) Matching with the adult grading	48 hours of training from achieving 2nd Kyu (~12 months, 1 hr per week)	1	Ik kyo	1. Shomen-uchi (zagi and tachi waza/ free movement)	1. Strike to head (sitting and standing)
		2	Ni kyo	2. Yokomen-uchi (zagi and tachi waza/ free movement)	2. Single-handed grip to the wrist (sitting and standing)
		3	San kyo	3. Kata dori (zagi and tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and standing)
		4	Yon kyo	4. Ushiro Ryo tedorì	4. Both shoulders grabbed from behind

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adult grading		5	Go kyo	Yokomenuchi	Circular strike to the head
		6	Shihonage	1. Kata tedori 2. Ryo tedori 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 2. Tsuki	1. Strike to head 2. Trust
		8	Kotegaeshi	3. Kata tedori	3. Single-handed grip to the wrist
		9	Kaitennage		
		10	Tenchinage	Ryo tedori	Both hands grabbed by both hand
		11	Jiyu waza (free movement)	1. Kata tedori 2. Ryo tedori 3. Moro tedori	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