

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	Kokyuho	-	-
10th Kyu (Red belt)	24 hours of training from achieving 11th 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. 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

Children / Youth Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
		5	Tenkan basics	-	-
		6	Iriminage	1. Kata tedomi (ai hanmi) 2. Ryo tedomi 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 tedomi (ai hanmi)	Single-handed grip to the opposite wrist
		8	Tenchinage	Ryo tedomi	Both hands grabbed by both hands
		9	Kokyunage	Kata tedomi (gyaku hanmi)	Single-handed grip to the same side wrist
		10	Kokyuho	Kata tedomi (gyaku hanmi)	Single-handed grip to the same side wrist
		11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedomi (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedomi (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 tedomi (ai hanmi) 2. Ryo tedomi 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 tedomi (ai hanmi) 2. Zagi	1. Single-handed grip to the opposite wrist 2. Sitting
		8	Tenchinage	Ryo tedomi	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedomi (gyaku hanmi) 2. Ryo tedomi 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
		10	Kokyuho	1. Kata tedomi (ai hanmi) 2. Kata tedomi (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedomi	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 tedomi (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedomi (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 tedomi (ai hanmi) 2. Ryo tedomi 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 tedomi	4. Both shoulders grabbed from behind
		8	Tenchinage	Ryo tedomi	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedomi (gyaku hanmi) 2. Ryo tedomi 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust

Children / Youth Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
		10	Kokyuho	1. Kata tedor (ai hanmi) 2. Kata tedor (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedor	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 tedor (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedor (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 tedor (ai hanmi) 2. Ryo tedor 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 tedor	4. Both shoulders grabbed from behind
		8	Tenchinage	Ryo tedor	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedor (gyaku hanmi) 2. Ryo tedor 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
		10	Kokyuho	1. Kata tedor (ai hanmi) 2. Kata tedor (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedor	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
4th Kyu (Brown- Two Tip Belt)	48 hours of training from achieving 5th Kyu (~12 months, 1 hr per week)	11	Kotegaeshi	Tsuki	Trust
		12	Shihonage	Kata tedor (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedor (gyaku hanmi)	Single-handed grip to the same side wrist
		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 tedor (ai hanmi) 2. Ryo tedor 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 tedor	4. Both shoulders grabbed from behind
			Go kyo	Yokomenuchi	Circular strike to the head
		8	Tenchinage	Ryo tedor	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedor (gyaku hanmi) 2. Ryo tedor 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust

Children / Youth Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
		10	Kokyuho	1. Kata tedor (ai hanmi) 2. Kata tedor (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedor	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 tedor (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedor (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 tedor (ai hanmi) 2. Ryo tedor 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) 2. Yokomen-uchi (zagi and tachi waza/ free movement) 3. Kata dori (zagi and tachi waza/ free movement) 4. Ushiro Ryo tedor	1. Strike to head (sitting and standing)
			Ni kyo		2. Single-handed grip to the wrist (sitting and standing)
			San kyo		3. Single-handed grip to the wrist (sitting and standing)
			Yon kyo		4. Both shoulders grabbed from behind
			Go kyo	Yokomenuchi	Circular strike to the head
		8	Tenchinage	Ryo tedor	Both hands grabbed by both hands
		9	Kokyunage	1. Kata tedor (gyaku hanmi) 2. Ryo tedor 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Trust
		10	Kokyuho	1. Kata tedor (ai hanmi) 2. Kata tedor (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryo tedor	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 tedor (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Kata tedor (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) 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 tedor 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) 2. Kata tedor	1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist
		7	Kotegaeshi		
		8	Kaitennage	Kata tedor	Single-handed grip to the wrist
		9	Jiyu waza (Free movement)		
		10	Tenchinage	Ryo tedor	Both hands grabbed by both hand
		11	Kokyuho	Zagi	Sitting
1st Kyu (Black- Gold Tip Belt) Matching with the adult	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) 2. Yokomen-uchi (zagi and tachi waza/ free movement) 3. Kata dori (zagi and tachi waza/ free movement) 4. Ushiro Ryo tedor	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		

Children / Youth Examination System Level

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
adult grading		5	Go kyo	Yokomenuchi	Circular strike to the head
		6	Shihonage	1. Kata tedomi 2. Ryo tedomi 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 3. Kata tedomi	1. Strike to head 2. Trust 3. Single-handed grip to the wrist
		8	Kotegaeshi		
		9	Kaitennage		
		10	Tenchinage	Ryo tedomi	Both hands grabbed by both hand
		11	Jiyu waza (free movement)	1. Kata tedomi 2. Ryo tedomi 3. Moro tedomi	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