Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
	24 days of training from achieving 12th Kyu	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	Katatedori (ai hanmi)	Single-handed grip to the opposite wrist
		8	Ik kyo (omote and ura)	Katatedori (ai hanmi)	Single-handed grip to the opposite wrist
		9	lk kyo	Shomenuchi	Strike to head
		10	Tenchinage	-	-
		12	Kokyuho	-	-
10th Kyu	24 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Red belt)	achieving 11th Kyu	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	Katatedori (ai hanmi)     Shomenuchi	Single-handed grip to the opposite wrist     Strike to head
		8	lk kyo (omote and ura)	Katatedori (ai hanmi)     Zagi     Shomenuchi	Single-handed grip to the opposite wrist     Sitting     Strike to head
		9	Tenchinage	Ryotedori	Both hands grabbed by both hands
		10	Kokyunage	Ryotedori     Zagi	Both hands grabbed by both hands     Sitting
		11	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		12	Kokyuho	1. Ryotedori 2. Zagi	Both hands grabbed by both hands     Sitting
9th Kyu	24 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Blue Belt)	achieving 10th Kyu	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	Katatedori (ai hanmi)     Ryotedori	Single-handed grip to the opposite wrist     Both hands grabbed by both hands
		8	Ik kyo (omote and ura)	Katatedori (ai hanmi)     Zagi     Shomenuchi	Single-handed grip to the opposite wrist     Sitting     Strike to head
		9	Tenchinage	Ryotedori	Both hands grabbed by both hands
		10	Kokyunage	Ryotedori     Zagi	Both hands grabbed by both hands     Sitting
		11	Kokyuho	Ryotedori     Zagi	Both hands grabbed by both hands     Sitting
		12	Kotegaeshi	Tsuki	Thrust / punch
		13	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		14	Kaitenage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
8th Kyu (Blue- One Tip Belt)	24 days of training from achieving 9th Kyu	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	Katatedori (ai hanmi)     Ryotedori     Zagi     Shomenuchi	Single-handed grip to the opposite wrist     Both hands grabbed by both hands     Sitting     Strike to head
		7	Ik kyo (omote and ura)	Katatedori (ai hanmi)	Single-handed grip to the opposite wrist
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		10	Kokyuho	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		11	Kotegaeshi	Tsuki	Thrust / punch
		12	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
7th Kyu	30 days of training from achieving 8th Kyu	1	Dojo etiquette	-	Formal bows on/off tatami
(Blue- Two Tip Belt)		2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	Katatedori (ai hanmi)     Ryotedori     Zagi     Shomenuchi     Tsuki     Yokomenuchi	Single-handed grip to the opposite wrist     Both hands grabbed by both hands     Sitting     Strike to head     Thrust / punch     Circular strike to the head
		7	Ik kyo (omote and ura)	Katatedori (ai hanmi)     Zagi	Single-handed grip to the opposite wrist     Sitting
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	Katatedori (gyaku hanmi)     Ryotedori     Tsuki	Single-handed grip to the same side wrist     Both hands grabbed by both hands     Thrust / punch
		10	Kokyuho	Katatedori (ai hanmi)     Katatedori (gyaku hanmi)     Yokomenuchi     Zagi     Ryotedori	Single-handed grip to the opposite wrist     Single-handed grip to the same side wrist     Circular strike to the head     Sitting     Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Thrust / punch
		12	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
6th Kyu	30 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Brown Belt)	achieving 7th Kyu	2	Shikko	-	Knee walking
		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Katatedori (ai hanmi)	Single-handed grip to the opposite wrist
				2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	<ul> <li>2. Both hands grabbed by both hands</li> <li>3. Sitting</li> <li>4. Strike to head</li> <li>5. Thrust / punch</li> <li>6. Circular strike to the head</li> </ul>
		7	lk kyo	1. Shomenuchi (zagi and tachi	Strike to head (sitting and standing)
			Ni kyo	waza/ free movement) 2. Yokomenuchi (zagi and	Single-handed grip to the wrist (sitting and standing)
			San kyo	tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and
			Yon kyo	3. Katadori (zagi and tachi	standing)
				waza/ free movement) 4. Ushiro Ryotedori	4. Both shoulders grabbed from behind
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	Katatedori (gyaku hanmi)     Ryotedori     Tsuki	Single-handed grip to the same side wrist     Both hands grabbed by both hands     Thrust / punch
		10	Kokyuho	Katatedori (ai hanmi)     Katatedori (gyaku hanmi)     Yokomenuchi     Zagi     Ryotedori	Single-handed grip to the opposite wrist     Single-handed grip to the same side wrist     Circular strike to the head     Sitting     Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Thrust / punch
		12	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
5th Kyu	30 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Brown- One Tip	achieving 6th Kyu	2	Shikko	-	Knee walking
Belt)		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
,					
		4	Hanmi stance	-	Left and right
			Hanmi stance Tenkan basics	-	Left and right
		5		- 1. Katatedori (ai hanmi) 2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	Left and right  -  1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head
		6	Tenkan basics	<ol> <li>Ryotedori</li> <li>Zagi</li> <li>Shomenuchi</li> <li>Tsuki</li> <li>Yokomenuchi</li> <li>Shomenuchi (zagi and tachi</li> </ol>	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 1. Strike to head (sitting and standing)
		6	Tenkan basics Iriminage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachiwaza/ free movement)	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist (sitting and
		6	Tenkan basics Iriminage Ik kyo	<ol> <li>Ryotedori</li> <li>Zagi</li> <li>Shomenuchi</li> <li>Tsuki</li> <li>Yokomenuchi</li> <li>Shomenuchi (zagi and tachi</li> </ol>	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 1. Strike to head (sitting and standing)
		6	Tenkan basics Iriminage Ik kyo Ni kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachiwaza/ free movement) 2. Yokomenuchi (zagi and	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 1. Strike to head (sitting and standing) 2. Single-handed grip to the wrist (sitting and standing)
		5 6	Tenkan basics Iriminage Ik kyo Ni kyo San kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement)	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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)
		7	Tenkan basics Iriminage Ik kyo Ni kyo San kyo Yon kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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
		5 6	Tenkan basics Iriminage  Ik kyo Ni kyo San kyo Yon kyo Tenchinage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Ryotedori  1. Katatedori (gyaku hanmi) 2. Ryotedori	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Both hands grabbed by both hands 1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands
		5 6 7 8 9	Tenkan basics Iriminage  Ik kyo Ni kyo San kyo Yon kyo Tenchinage Kokyunage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Ryotedori 1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki 1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Both hands grabbed by both hands 1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch 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 6 7 8 9	Tenkan basics Iriminage  Ik kyo Ni kyo San kyo Yon kyo Tenchinage Kokyunage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Ryotedori 1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki 1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Both hands grabbed by both hands 1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch 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

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
4th Kyu	40 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Brown- Two Tip	achieving 5th Kyu	2	Shikko	-	Knee walking
Belt)		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
		5	Tenkan basics	-	-
		6	Iriminage	1. Katatedori (ai hanmi) 2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi	Single-handed grip to the opposite wrist     Both hands grabbed by both hands     Sitting     Strike to head     Thrust / punch     Circular strike to the head
		7	lk kyo	Shomenuchi (zagi and tachi	
			Ni kyo	waza/ free movement)	2. Single-handed grip to the wrist (sitting and
			San kyo	2. Yokomenuchi (zagi and tachi waza/ free movement)	standing) 3. Single-handed grip to the wrist (sitting and
			Yon kyo	-3. Katadori (zagi and tachi waza/ free movement)     4. Ushiro Ryotedori	standing) 4. Both shoulders grabbed from behind
			Go kyo	Yokomenuchi	Circular strike to the head
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	Katatedori (gyaku hanmi)     Ryotedori     Tsuki	Single-handed grip to the same side wrist     Both hands grabbed by both hands     Thrust / punch
		10	Kokyuho	Katatedori (ai hanmi)     Katatedori (gyaku hanmi)     Yokomenuchi     Zagi     Ryotedori	Single-handed grip to the opposite wrist     Single-handed grip to the same side wrist     Circular strike to the head     Sitting     Both hands grabbed by both hands
		11	Kotegaeshi	Tsuki	Thrust / punch
		12	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		13	Kaitenage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
3rd Kyu	50 days of training from	1	Dojo etiquette	-	Formal bows on/off tatami
(Brown- Three Tip	achieving 4th Kyu	2	Shikko	-	Knee walking
Belt)		3	Ukemi (Mae & Ushiro)	-	Forward and backward rolls
		4	Hanmi stance	-	Left and right
			Tenkan basics	-	-
		5	Tenkan basics Iriminage	- 1. Katatedori (ai hanmi) 2. Ryotedori 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. Thrust / punch 6. Circular strike to the head
		5		<ol> <li>Ryotedori</li> <li>Zagi</li> <li>Shomenuchi</li> <li>Tsuki</li> <li>Yokomenuchi</li> <li>Shomenuchi (zagi and tachi</li> </ol>	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 1. Strike to head (sitting and standing)
		5	Iriminage	<ol> <li>Ryotedori</li> <li>Zagi</li> <li>Shomenuchi</li> <li>Tsuki</li> <li>Yokomenuchi</li> </ol>	<ol> <li>Both hands grabbed by both hands</li> <li>Sitting</li> <li>Strike to head</li> <li>Thrust / punch</li> <li>Circular strike to the head</li> </ol>
		5	Iriminage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement)	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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
		5	Iriminage  Ik kyo Ni kyo San kyo Yon kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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
		7	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head
		7	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo Tenchinage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi Ryotedori	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head  Both hands grabbed by both hands
		7	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head
		5 6 7	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo Tenchinage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi Ryotedori 1. Katatedori (gyaku hanmi) 2. Ryotedori	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head  Both hands grabbed by both hands  1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands
		5 6 7 8 9	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo Tenchinage Kokyunage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi Ryotedori 1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki 1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head  Both hands grabbed by both hands 1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch 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 6 7 8 9	Iriminage  Ik kyo Ni kyo San kyo Yon kyo Go kyo Tenchinage Kokyunage	2. Ryotedori 3. Zagi 4. Shomenuchi 5. Tsuki 6. Yokomenuchi 1. Shomenuchi (zagi and tachi waza/ free movement) 2. Yokomenuchi (zagi and tachi waza/ free movement) 3. Katadori (zagi and tachi waza/ free movement) 4. Ushiro Ryotedori Yokomenuchi Ryotedori 1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki 1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	2. Both hands grabbed by both hands 3. Sitting 4. Strike to head 5. Thrust / punch 6. Circular strike to the head 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  Circular strike to the head  Both hands grabbed by both hands 1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch 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

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
2nd Kyu	lack achieving 3rd Kyu atching tth the	1	lk kyo	1. Shomenuchi (zagi and tachi	Strike to head (sitting and standing)     Single-handed grip to the wrist (sitting and standing)
(Black Belt) Matching with the adult grading		2	Ni kyo	waza/ free movement) 2. Katadori (zagi and tachi	
		3	San kyo	waza/ free movement)	
		4	Yon kyo	-	
		5	Shihonage	Katatedori     Hanmi-handachi	Single-handed grip to the wrist     Uke is standing and nage is sitting
		6	Iriminage	Shomenuchi Tsuki (tachi	Strike to head (sitting and standing)
		7	Kotegaeshi	waza/ free movement)  2. Katatedori	2. Single-handed grip to the wrist
		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	60 days of training from achieving 2nd Kyu	1	lk kyo	Shomenuchi (zagi and tachi waza/ free movement)     Yokomenuchi (zagi and standing)     Single-handed grip to the wrist (sit standing)	Strike to head (sitting and standing)
(Black- Gold Tip		2	Ni kyo		
Belt)		3	San kyo	tachi waza/ free movement)	3. Single-handed grip to the wrist (sitting and
Matching with the		4	Yon kyo	3. Katadori (zagi and tachi waza/ free movement)     4. Ushiro Ryotedori	standing) 4. Both shoulders grabbed from behind
adult		5	Go kyo	Yokomenuchi	Circular strike to the head
grading		6	Shihonage	Katatedori     Ryotedori     Hanmi-handachi	Single-handed grip to the wrist     Both hands grabbed by both hand     Uke is standing and nage is sitting
		7	Iriminage	1. Shomenuchi	1. Strike to head
		8	Kotegaeshi	2. Tsuki 3. Katatedori	Thrust / punch     Single-handed grip to the wrist
		9	Kaitennage		
		10	Tenchinage	Ryotedori	Both hands grabbed by both hand
		11	Jiyu waza (free movement)	Katatedori     Ryotedori     Morotedori	Single-handed grip to the wrist     Both hands grabbed by both hands     Both hands grab 1 wrist
		12	Kokyuho	Zagi     Tachi waza/ free movement	Sitting     Standing