

Level	Days of training/ Conditions to qualify	#	Expected techniques to be demonstrated (but not limited to)	Style	Notes
11th Kyu (Orange belt)	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	Ik kyo	Shomenuchi	Strike to head
		10	Tenchinage	-	-
		12	Kokyuho	-	-
10th Kyu (Red belt)	24 days of training from achieving 11th 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	1. Katatedori (ai hanmi) 2. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Strike to head
		8	Ik kyo (omote and ura)	1. Katatedori (ai hanmi) 2. Zagi 3. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Sitting 3. Strike to head
		9	Tenchinage	Ryotedori	Both hands grabbed by both hands
		10	Kokyunage	1. Ryotedori 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
		11	Shihonage	Katatedori (gyaku hanmi)	Single-handed grip to the same side wrist
		12	Kokyuho	1. Ryotedori 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
9th Kyu (Blue Belt)	24 days of training from achieving 10th 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	1. Katatedori (ai hanmi) 2. Ryotedori	1. Single-handed grip to the opposite wrist 2. Both hands grabbed by both hands
		8	Ik kyo (omote and ura)	1. Katatedori (ai hanmi) 2. Zagi 3. Shomenuchi	1. Single-handed grip to the opposite wrist 2. Sitting 3. Strike to head
		9	Tenchinage	Ryotedori	Both hands grabbed by both hands
		10	Kokyunage	1. Ryotedori 2. Zagi	1. Both hands grabbed by both hands 2. Sitting
		11	Kokyuho	1. Ryotedori 2. Zagi	1. Both hands grabbed by both hands 2. 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

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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	1. Katatedori (ai hanmi) 2. Ryotedori 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)	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 (Blue- Two Tip Belt)	30 days of training from achieving 8th 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	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
		7	Ik kyo (omote and ura)	1. Katatedori (ai hanmi) 2. Zagi	1. Single-handed grip to the opposite wrist 2. Sitting
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch
		10	Kokyuho	1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	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	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 (Brown Belt)	30 days of training from achieving 7th 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	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
		7	Ik kyo	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. 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		
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch
		10	Kokyuho	1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	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	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 (Brown-One Tip Belt)	30 days of training from achieving 6th 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	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
		7	Ik kyo	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. 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		
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch
		10	Kokyuho	1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	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	Thrust
		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
4th Kyu (Brown-Two Tip Belt)	40 days of training from achieving 5th 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	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
		7	Ik kyo	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. 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
		Ni kyo			
		San kyo			
		Yon kyo			
		Go kyo	Yokomenuchi	Circular strike to the head	
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch
		10	Kokyuho	1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	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	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 (Brown-Three Tip Belt)	50 days of training from achieving 4th 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	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
		7	Ik kyo	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. 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
		Ni kyo			
		San kyo			
		Yon kyo			
		Go kyo	Yokomenuchi	Circular strike to the head	
		8	Tenchinage	Ryotedori	Both hands grabbed by both hands
		9	Kokyunage	1. Katatedori (gyaku hanmi) 2. Ryotedori 3. Tsuki	1. Single-handed grip to the same side wrist 2. Both hands grabbed by both hands 3. Thrust / punch
		10	Kokyuho	1. Katatedori (ai hanmi) 2. Katatedori (gyaku hanmi) 3. Yokomenuchi 4. Zagi 5. Ryotedori	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	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
2nd Kyu (Black Belt) Matching with the adult grading	50 days of training from achieving 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) Matching with the adult grading	60 days of training from achieving 2nd Kyu	1	Ik kyo	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. 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 grab 1 wrist
		12	Kokyuho	1. Zagi 2. Tachi waza/ free movement	1. Sitting 2. Standing