Grading Techniques

(Revised April 2019)

Time Frame Requirement

BLUE SILVER

BLUE GOLD

Time	Frame Requirement		Recommended 8 months of training	Recommended 8 months of training	Recommended 8 months of training
	KNEE WORK		Shikko with Irimi Tenkan	Shikko with Irimi Tenkan	Shikko with Irimi Tenkan
BASICS	NIVEE WOTTK		Back Shikko	Back Shikko	Back Shikko
	FOOT WORK		Irimi Tenkan	Irimi Tenkan	Irimi Tenkan
			Tenkan	Tenkan	Tenkan
	MAE UKEMI	Forward Break Fall	Mae Ukemi	Mae Ukemi	Mae Ukemi
			over Big Obstacle	over one peer	over one peer
			Roll Slam	Roll Slam	Roll Slam
	USHIRO UKEMI	Backward Break Fall	Rocking	Rocking	Rocking
			Ushiro Ukemi	Ushiro Ukemi	Ushiro Ukemi
			Shihonage Rocking	Shihonage Rocking	Shihonage Rocking
	UKEMI (As a Uke)		Able to attack & follow well. Able to breakfall	Able to attack & follow well. Able to breakfall	Able to attack & follow well. Able to breakfall
			correctly. Able to connect with partner.	correctly. Able to connect with partner.	correctly. Able to connect with partner.
	IKKYO	First Lock	Katatedori Gyakuhanmi	Suwariwaza Shomenuchi	Suwariwaza Shomenuchi
			Yokomenuchi	Ryotedori (Irimi Tenkan Palm Down)	Yokomenuchi
			Suwariwaza Shomenuchi		Ryotedori
a u e s	NIKKYO	Second Lock	Katadori Omote & Ura with movement	Katadori Omote & Ura	Katadori Omote & Ura
	SANKYO	Third Lock		Shomenuchi Omote	Shomenuchi Omote & Ura
	YONKYO	Forth Lock			
	KOTEGAESHI	Wrist Lock Throw	Katatedori Gyakuhanmi	Yokomenuchi	Yokomenuchi
			Yokomenuchi	Suwariwaza Shomenuchi	Suwariwaza Shomenuchi
				Ryotedori (drink water or hungry swimming)	Ryotedori
	SUMIOTOSHI	Corner Drop Throw	Shomenuchi @ elbow only		
			Ryotedori @ elbow only		
	IRIMINAGE	Entering Throw	Yokomenuchi	Suwariwaza Shomenuchi	Yokomenuchi
Ø Z			Suwariwaza Shomenuchi	Ryotedori	Ryotedori
CH	KOKYUNAGE	Breath Throw	Yokomenuchi	Yokomenuchi	Yokomenuchi
 E (Ryotedori (Static / movement)
	SHIHONAGE	Four Direction Throw	Katatedori Aihanmi (Omote & Ura)	Katatedori Gyakuhanmi (Omote & Ura)	Yokomenuchi (Omote)
	KAITENAGE	Rotary throw			Katatedori Gyakuhanmi Uchi
	JUJINAGE	Cross Arm Throw		Katatedori Aihanmi	Katatedori Aihanmi
	TENOUINIAGE			(static or irimi tenkan)	B : 1
	TENCHINAGE	Heaven & Earth throw	Ryotedori (Omote)	Ryotedori (Omote & Ura)	Ryotedori
	JIYUWAZA	Free Exercise	At least 5 Throw	At least 5 Throw	At least 5 Throw
			Techniques against	Techniques against	Techniques against
			Aihanmi, Gyakuhanmi, Shomenuchi	Aihanmi, Gyakuhanmi , Shomenuchi &	Aihanmi, Gyakuhanmi, Shomenuchi &
	KOKYUHO	Breath Exercise	Suwariwaza Ryotedori	Yokomenuchi Suwariwaza Ryotedori	Yokomenuchi Suwariwaza Ryotedori
	I CATOLIO	DIGALII EXCICISE	Keiza Finish	Keiza Finish	Suwanwaza nyoledon Keiza Finish
			Neiza FIIISII	Neiza FIIIISII	Neiza Fillisti