



## 1st Kyu

All tai sabaki from previous ranks

All ukemi from previous ranks

All attacks from previous ranks  
+ Kata men uchi

### Suwari waza

Ikkyo through Yonkyo

- Shomen uchi
- Yokomen uchi ★

### Hanmi handachi

Kote gaeshi

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Irimi nage ★

- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Ryote dori

Kaiten nage, soto & uchi mawari ★

- Katate dori
- Mune tsuki
- Shomen uchi

Ushiro ryote dori, 6 techniques ★

Ushiro ryokata dori, 3 techniques ★

Ushiro hiji dori, 2 techniques ★

### Tachi waza

Ikkyo through Yonkyo

- Any attack ★

Gokyo

- Yokomen uchi

Rokyo

- Shomen uchi
- Mune tsuki ★

Nanakyo ★

- Yokomen uchi

Irimi nage

- Shomen uchi, 5 way progression ★
- Katate dori, low / middle / high
- Mune tsuki
- Yokomen uchi
- Ushiro ryote dori ★

Kote gaeshi

- Gyakute dori
- Mune tsuki
- Shomen uchi
- Yokomen uchi
- Ushiro ryote dori ★

Shiho nage

- Katate dori
- Ryote dori
- Mune tsuki
- Shomen uchi
- Yokomen uchi
- Ushiro ryote dori ★
- demonstrate 4 directions

Kaiten nage, soto & uchi mawari

- Katate dori
- Mune tsuki
- Shomen uchi

Juji garami ★

- Mune dori
- Ushiro ryote dori
- Kata menuchi





Tenshi nage

- Ryote dori

Koshi nage, head & hip under

- Katate dori
- Morote dori
- Ryote dori
- Mune tsuki
- Shomen uchi
- Kubi shime

Ushiro

- Ushiro ryote dori, 6 techniques ★
- Ushiro ryokata dori, 4 techniques ★
- Ushiro hiji dori, 2 techniques ★
- Kubi shime, 2 techniques

Morote dori

- any techniques, low-to-high / high-to-low

Kata menuchi ★

- Irimi nage, 3 ways
- Shiho nage
- Juji garame

**Buki waza**

Bokken

- All solo bokken practices from previous ranks
- Tachi dori, 8 techniques ★
- Kumi tachi, 1-5

Jo

- All solo jo practices from previous ranks
- Jo dori, 8 techniques ★
- Kumi jo, 1-10 ★

Ken tai jo, 1-7 ★

Tanto dori

- Mune tsuki
- Shomen uchi
- Yokomen uchi
- Slash attack ★
- Knife at throat ★
- Knife at back ★
- Kubi shime ★

**Jiyu waza**

1 person attack, various techniques

**Randori**

3 person attack ★

**Kokyu dosa**