



## Shodan

*All tai sabaki, ukemi, and attacks from previous ranks*

### **Suwari waza**

Ikkyo through Yonkyo

- Shomen uchi
- Yokomen uchi

Gokyo ★

- Yokomen uchi

### **Hanmi handachi**

Kote gaeshi

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Irimi nage

- Katate dori
- 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

### Tenchi nage

- Ryote dori

### Koshi nage, head & hip under

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

### Ushiro

- Ushiro ryote dori, 10 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 men uchi

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

### Buki waza

#### Bokken

- All solo bokken practices from previous ranks
- Tachi dori, 10 techniques ★
- Kumi tachi, 1-5

### Jo

- All solo jo practices from previous ranks
- Jo dori, 10 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

- 3 ways ★

**For Nidan and above,  
please speak directly with  
Sensei about additional  
rank requirements.**