



Red Belt, 1st Kyu

All tai sabaki, ukemi, and attacks from previous ranks

Suwari waza

Ikkyo through Sankyo

- Shomen uchi

Hanmi handachi

Kote gaeshi

- Mune tsuki
- Shomen uchi

Irimi nage

- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Ryote dori

Kokyu nage ★

- Ushiro ryote dori

Tachi waza

Tae no henko

Morote dori Kokyu ho

Kokyu nage

- Katate dori, 3 ways
- Mune tsuki
- Shomen uchi
- Gyakute dori

Kote gaeshi

- Mune tsuki
- Shomen uchi
- Yokomen uchi

Shiho nage

- Katate dori
- Shomen uchi
- Yokomen uchi

Irimi nage

- Shomen uchi
- Mune tsuki

Ikkyo

- Katate dori
- Ryote dori
- Shomen uchi

Nikyo

- Gyakute dori (ura waza only)
- Katate dori
- Kata dori
- Shomen uchi

Sankyo

- Shomen uchi

Yonkyo

- Shomen uchi

Ushiro ryote dori

- Kokyu nage
- Kote gaeshi
- Shiho nage ★
- Irimi nage ★
- Ikkyo through Yonko ★

Tenshi nage ★

- Ryote dori

Kaiten nage, soto & uchi mawari ★

- Katate dori
- Mune tsuki
- Shomen uchi





Buki waza

Bokken

- All solo bokken practices from previous ranks
- Tachi dori, 4 techniques
- Kumi tachi, 1 and 2 ★

Jo

- All solo jo practices from previous ranks
- Jo dori, 4 techniques
- Kumi jo, 1 and 2 ★

Ken tai jo, 1 and 2 ★

Tanto dori, 2 techniques from each attack ★

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

Jiyu waza

1 person attack, various techniques

Randori

2 person attack

Kokyu dosa