



Advanced Red Belt, Shodan Ho

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

Ushiro ryote dori, 4 techniques ★

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
- Yokomen uchi
- Shomen uchi

Irimi nage

- Shomen uchi
- Mune tsuki

Ikkyo
- Shomen uchi
- Katate dori
- Ryote dori

Nikyo
- Gyakute dori (ura waza only)
- Katate dori
- Kata dori

- Shomen uchi

Sankyo
- Shomen uchi

Yonkyo
- Shomen uchi

Gokyo ★
- Yokomen uchi

Rokyo ★
- 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





Koshi nage, head & hip under ★

- Katate dori
- Morote dori

Buki waza

Bokken

- All solo bokken practices from previous ranks
- Tachi dori, 4 techniques
- Kumi tachi, 1-5 ★

Jo

- All solo jo practices from previous ranks
- 13 jo kata ★
- Jo dori, 4 techniques
- Kumi jo, 1-5 ★

Ken tai jo, 1-5 ★

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