



Brown Belt, Advanced 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
- Katate dori, low / middle / high

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
- Mune tsuki ★

Nanakyo ★

- Yokomen uchi

Ushiro ryote dori

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





Tenchi nage

- Ryote dori

Kaiten nage, uchi & soto 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
- Jo dori, 4 techniques
- Kumi jo, 1-10 ★

Ken tai jo, 1-7 ★

Tanto dori, various techniques

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

Jiyu waza

1 person attack, various techniques

Randori

2 person attack

Kokyu dosa