

CORE REQUIREMENTS*New requirements marked with ****TACHI WAZA**

Tai no henko
 Katate dori **Kokyunage**
 Morote dori **Kokyu ho**
 Mune tsuki **Kotegaeshi**
 Shomen uchi **Ikkyo**
 Shomen uchi **Nikyo**
 Shomen uchi **Sankyo**
 Kata dori **Nikyo**
 Katate dori **Shihonage**
 Yokomen uchi **Shihonage**
 Shomen uchi **Iriminage**
 Katate dori **Kaitenage**
 Ryote dori **Tenshinage**
 Shomen uchi **Yonkyo**
 Kata menuchi **Jujigarame**
 Shomen uchi **Koshinage**
 Jiyu waza (1 person attack)
 Randori (2 person attack)
 * Yokomen uchi **Gokyo**
 * Mune tsuki **Rokkyo**
 * Jiyu waza (2 person attack)
 * Randori (3 person attack)

USHIRO WAZA

Ryote dori **Kokyunage**
 Ryokata dori **Kokyu ho**
 Ryote dori **Ikkyo and Nikyo**
 Ryote dori **Kotegaeshi**
 * Ryote dori **Sankyo and Yonkyo**
 * Ryote dori **Shihonage**
 * Ryote dori **Iriminage**
 * Ryokata dori **Kokyunage**

HANMI-HANDACHI

Mune tsuki **Kotegaeshi**
 Katate dori **Shihonage**
 Yokomen uchi **Shihonage**
 Shomen uchi **Iriminage**
 Katate dori **Kaitenage**
 * Shomen uchi **Kaitenage**

SUWARI-WAZA

Kokyu dosa
 Shomenuchi **Ikkyo through Yonkyo**
 * Yokomen uchi **Gokyo**

STUDENT CHOICE (pick 8+)**TACHI WAZA**

Any attack **Ikkyo through Yonkyo**
 Yokomen uchi **Nanakyo**
 Kata dori **variations**
 Yokomen uchi **Kotegaeshi**
 Katate dori **Shihonage** (4 directions)
 Katate dori **Iriminage**
 Ryote dori **variations**
 Kata menuchi **variations**
 Shomen uchi **Kaitenage**
 Mune tsuki **Kaitenage**
 Morote dori **variations**
 Morote dori **Koshinage**
 Mune dori **Jujigarami**

USHIRO WAZA

Ryote dori **variations**
 Ryokata dori **variations**
 Kubi shime **Sankyo**
 Kubi shime **Koshinage**

HANMI-HANDACHI

Yokomen uchi **Kotegaeshi**
 Ryote dori **Shihonage**
 Ushiro **variations**

SUWARI WAZA

Mune tsuki **Kotegaeshi**
 Shomen uchi **Iriminage**

*Note: students are encouraged to take ownership of their tests by selecting their preferred techniques but they can **also opt out** and Sensei will make the selections. Write down your selections and give to Sensei before your demonstration day so she can call them out during your demonstration.*

During your demonstration, keep the following principles in mind, so that they are clearly noticeable in all techniques:

Shisei (posture); **Ashi-sabaki** (footwork); **Tai-sabaki** (body movement); **Kuzushi** (balance-breaking); **Ki-musubi** (blending) and **Zanshin** (awareness or follow-through). Also that each technique is executed with **Clarity, Control, Safety, and Adaptability**. Ask Sensei or any sempai if you're unsure about any of these concepts.

WEAPONS & MORE**BUKI WAZA****Tanto:**

Tanto dori:
 Mune tsuki
 Shomen uchi
 Yokomen uchi
 Slash attach
 Knife at throat
 Knife at back
 Kubi shime

Bokken:

1st to 7th suburi
 4 awase
 Kimusubi no Tachi
 3 Tachi dori

Jo:

1st to 20th suburi
 13 jo kata
 31 jo kata
 3 Jo dori

Partner practices:

1st, 2nd and 3rd Kumi tachi
 1st, 2nd and 3rd Kumi jo
 1st, 2nd and 3rd Ken tai jo

UKEMI

High falls