

**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 **Jujigaramé**  
 \* Shomenuchi **Koshinage**  
 \* Jiyu waza (1 person attack)  
 \* Randori (2 person attack)

**USHIRO WAZA**

Ryote dori **Kokyunage**  
 Ryokata dori **Kokyu ho**  
 \* Ryote dori **Ikkyo and Nikyo**  
 \* Ryote dori **Kotegaeshi**

**HANMI-HANDACHI**

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

**SUWARI-WAZA**

Kokyu dosa  
 \* Shomen uchi **Ikkyo through Yonkyo**

**STUDENT CHOICE (pick 6+)****TACHI WAZA**

Yokomen uchi **Ikkyo through Gokyo**  
 Kata dori **Ikkyo**  
 Ryote dori **Ikkyo**  
 Mune tsuki **Rokkyo**  
 Yokomen uchi **Kotegaeshi**  
 Katate dori **Shihonage** (4 Directions)  
 Ryote dori **Shihonage**  
 Katate dori **Iriminage**  
 Kata menuchi **Iriminage**  
 Shomen uchi **Kaitenage**  
 Mune tsuki **Kaitenage**  
 Morote dori **variations**  
 Morote dori **Koshinage**

**USHIRO WAZA**

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

**HANMI-HANDACHI**

Yokomen uchi **Kotegaeshi**  
 Ryote dori **Shihonage**

**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.*

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

Tanto dori:  
 Mune tsuki  
 Shomen uchi  
 Yokomen uchi

**Bokken:**

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

**Jo:**

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

**Partner practices:**

1st and 2nd Kumi tachi  
 1st and 2nd Kumi jo  
 1st and 2nd Ken tai jo

**UKEMI**

High falls

*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.*