

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**

USHIRO WAZA

* Ryote dori **Kokyunage**
 * Ryokata dori **Kokyu ho**

HANMI-HANDACHI

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

SUWARI-WAZA

Kokyu dosa
 * Shomen uchi **Ikkyo through Sankyo**

STUDENT CHOICE (pick 4+)**TACHI WAZA**

Katate dori **Ikkyo through Yonkyo**
 Kata dori **Ikkyo & Nikyo**
 Ryote dori **Ikkyo**
 Gyakute dori **Kokyunage**
 Katate dori **Kotegaeshi**
 Katate dori **Iriminage**
 Ryote dori **Shihonage**

USHIRO WAZA

Ryote dori **Ikkyo & Nikyo**
 Ryokata dori **Kokyunage**

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

Bokken:
 1st to 7th suburi
 4 awase
 Kimusubi no Tachi

Jo:
 1st to 10th suburi
 13 jo kata

Partner practices:
 1st Kumi tachi
 1st Kumi jo
 1st 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.