

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****HANMI-HANDACHI*** Mune tsuki **Kotegaeshi*** Katate dori **Shihonage****SUWARI-WAZA**

Kokyu dosa

* Shomen uchi **Ikkyo****STUDENT CHOICE (pick 3+)****TACHI WAZA**Katate dori **Ikkyo**Katate dori **Nikyo**Ryote dori **Ikkyo**Gyakute dori **Kokyunage**Katate dori **Iriminage**Ryote dori **Shihonage****USHIRO WAZA**Ryote 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****Bokken:**

1st to 7th suburi

4 awase (migi, hidari, go, & shichi)

Jo:

1st to 5th suburi

UKEMI

Forward roll - slap and stay down, kick to come up.

*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.