

## TACHI WAZA (STANDING)

Tai no henko	
Katate dori <b>Kokyunage</b>	
Morote dori <b>Kokyu ho</b>	
Mune tsuki <b>Kotegaeshi</b>	<b>6th Kyu</b>
Shomen uchi <b>Ikkyo</b>	<b>5th Kyu</b>
Shomen uchi <b>Nikyo</b>	
Shomen uchi <b>Sankyo</b>	
Kata dori <b>Nikyo</b>	
Katate dori <b>Shihonage</b>	
Yokomen uchi <b>Shihonage</b>	
Shomen uchi <b>Iriminage</b>	<b>4th Kyu</b>
Katate dori <b>Kaitenage</b>	
Ryote dori <b>Tenshinage</b>	<b>3rd Kyu</b>
Shomen uchi <b>Yonkyo</b>	
Kata menuchi <b>Jujigarame</b>	
Shomen uchi <b>Koshinage</b>	
Jiyu waza (1 person attack)	
Randori (2 person attack)	<b>2nd Kyu</b>
Yokomen uchi <b>Gokyo</b>	
Mune tsuki <b>Rokkyo</b>	
Jiyu waza (2 person attack)	
Randori (3 person attack)	<b>1st Kyu</b>



This map offers an overview of all the core requirements with cut lines determining the scope for each rank.

For eg. the first three techniques (up to the first cut line) are included in the 6th kyu test, the fourth technique is added to the 5th kyu test (second cut line) and so on.

In the following pages you can find all the techniques for each rank separately. These two views complement each other.

## USHIRO WAZA

Ryote dori <b>Kokyunage</b>	
Ryokata dori <b>Kokyu ho</b>	<b>3rd Kyu</b>
Ryote dori <b>Ikkyo and Nikyo</b>	
Ryote dori <b>Kotegaeshi</b>	<b>2nd Kyu</b>
Ryote dori <b>Sankyo and Yonkyo</b>	
Ryote dori <b>Shihonage</b>	
Ryote dori <b>Iriminage</b>	
Ryokata dori <b>Kokyunage</b>	<b>1st Kyu</b>

## HANMI-HANDACHI

Mune tsuki <b>Kotegaeshi</b>	
Katate dori <b>Shihonage</b>	<b>4th Kyu</b>
Yokomen uchi <b>Shihonage</b>	
Shomen uchi <b>Iriminage</b>	<b>3rd Kyu</b>
Katate dori <b>Kaitenage</b>	<b>2nd Kyu</b>
Shomen uchi <b>Kaitenage</b>	<b>1st Kyu</b>

## SUWARI-WAZA

Kokyu dosa	<b>6th Kyu</b>
Shomenuchi <b>Ikkyo</b>	<b>4th Kyu</b>
Shomenuchi <b>Ikkyo through Sankyo</b>	<b>3rd Kyu</b>
Shomenuchi <b>Ikkyo through Yonkyo</b>	<b>2nd Kyu</b>
Yokomen uchi <b>Gokyo</b>	<b>1st Kyu</b>