

JUNIOR GRADING SYLLABUS – UP TO 18 YEARS OF AGE

■	■ ■	■ ■ ■	6th Kyu – RED BELT
Torifume Ukemi (forward & backwards) Shikko	T. Ai-hanmi katate-dori Ikkyo Tai-sabaki: Irimi-ashi Tenkan	T. Ai-hanmi katate-dori Shiho-nage Tai-sabaki Okuri-ashi Irimi-tenkan	T. Ai-hanmi katate-dori Irimi-nage Gyaku-hanmi katate-dori Irimi & Tenkan Tai-sabaki S. Kokyu-ho
■	■ ■	■ ■ ■	5th Kyu – YELLOW BELT
As Above PLUS: T. Gyaku-hanmi katate-dori Ikkyo T. Gyaku-hanmi Irimi-nage	T. Gyaku-hanmi katate-dori Kote-gaeshi T. Gyaku-hanmi Kokyu-nage H. Gyaku-hanmi Shiho-nage	Chudan-tsuki Shomen-uchi Yokomen-uchi	Tai-sabaki from chudan-tsuki Tai-sabaki from shomen-uchi Tai-sabaki from Yokomen-uchi
■	■ ■	■ ■ ■	4th Kyu – ORANGE BELT
As Above PLUS: T. Shomen-uchi Ikkyo Ushiro-ryote-dori Ikkyo T. Yokomen-uchi Ikkyo	T. Gyaku-hanmi Tenchi- nage. Gyaku-hanmi katate-dori Sumi-toshi	T. Ai-hanmi katate-dori Kote-gaeshi Gyaku-hanmi ktate-dori Kote-gaeshi	T. Chudan-tsuki Kote-gaeshi T. Ryote-dori Tenchi-nage Ikkyo shiho-giri
■	■ ■	■ ■ ■	3rd Kyu – GREEN BELT
As Above PLUS: T. Ai-hanmi katate-dori Irimi-nage T.Shomen-uchi shiho-nage	T. Kata-dori Ikkyo T. Shomen-uchi Irimi-nage	S. Shomen-uchi Ikkyo S. Kata-dori Ikkyo	T. Gyaku-hanmi katate-dori Uchi-kaiten-nage T. Gyaku-hanmi katate-dori Soto-kaiten-nage
■	■ ■	■ ■ ■	2nd Kyu – BLUE BELT
As Above PLUS: H. Ryote-dori Shiho-nage S. Shomen-uchi Irini-nage	T. Ryote-dori Ikkyo S. Yokomen-uchi Irimi-nage	T. Ryote-dori Shiho-nage T. Shomen-uchi Kote-gaeshi	. Gyaku-hanmi katate-dori Shiho-nage T. Shomen-uchi Irimi-nage
■	■ ■	■ ■ ■	1st Kyu – BROWN BELT
As Above PLUS: T. Chudan-tsuki Kote-gaeshi T. Ushiro-ryote-dori Kokyu-nage	Shomen with Bokken T. Yokomen-uchi Ikkyo T. Yokomen-uchi Shiho-nage	Tsuki with Jo T. Morote-dori Ikkyo T. Morote-dori Kokyu-nage	Jiyu-wasa Haishin-undō S.Kokyu-ho