

Promotion Criteria

6th KYU (35 hrs. – from standstill – white belt) ROKKYU:

Two hands on two Ryote tori – heaven and earth tenchinage.
Cross hand Katate tori hantai – 1* ikkyo, 6 kotegaeshi, entering breath iriminage.
Two hands on one Ryote mochi – entering backfall irimi ukemi.
One hand same side Katate tori – turning rollout kokyunage.
Seated Breath Kokyudosa.

5th KYU (100 hrs. – from standstill – white belt) GOKYU:

One hand same side Katate tori – all directions* shihonage, rotary kaitennage.
Two hands on two Ryote tori – heaven and earth* – tenchinage.
Cross hand Katate tori hantai – 1* ikkyo, 2* nikyo, 3* sankyo, 4* yonkyo, 6 kotegaeshi, entering breath iriminage.
Two Hands from behind Ushiro ryote tori – 2 entering nikyo irimi , 3* sankyo.
Two hands on one Ryote mochi – entering backfall irimi ukemi, turning rollout kokyunage.
Seated Breath Kokyudosa. Front roll, back roll Ukemi.

4th KYU (200 hrs. – in motion – Blue belt) YONKYU:

One hand same side Katate tori – all directions* shihonage.
Vertical strike both in kneel-sit Shomenuchi Suwari waza – 1 turning ikkyo tenkan.
Two hands on two Ryote tori – heaven and earth* tenchinage.
Cross hand Katate tori hantai – 1* ikkyo, 2* nikyo, 3* sankyo, 4* yonkyo, 6 kotegaeshi, entering breath iriminage.
Two Hands from behind Ushiro ryote tori – all directions* shihonage, 6 kotegaeshi.
Two hands on one Ryote mochi – 2* nikyo.
Seated Breath Kokyudosa

3rd KYU (350 hrs. – Hakama level – Blue belt) SANKYU:

Diagonal strike Yokomenuchi – all directions shihonage.
Two shoulders Ryokata tori – heaven and earth* tenchinage.
Vertical strike Shomenuchi – 1*,2*,3*,4*,entering breath.
Horizontal strike Munetsuki – 2* nikyo, 6 kotegaeshi.
Shoulders from behind Ushiro ryokata tori – 1*,2*,3*,4*.
Two hands on one Ryote mochi – twist jujinage.
Hands from behind Ushiro ryote tori – horizontal rotary kokyunage.
One hand same side from kneel-sit partner standing Katate tori hanmi handachi – all directions* shihonage
Freestyle with one Jiyu waza. Seated Breath Kokyudosa.

2nd KYU (500 hrs. – Brown belt) NIKYU:

Diagonal strike – breath (3 ways), 5 gokyo, 6.

Two hands on two – all directions, breath (3 ways).

Horizontal strike – 1*, 2*, 3*, 4*, entering breath.

Vertical strike – 6, rotary*.

Two hands on one – 5 techniques.

Neck from behind Ushiro kubishime – breath, twist.

Elbows from behind Ushiro high tori – breath kokyunage.

Shoulders from behind Ushiro ryokata tori – aiki drop aiki toshi.

One hand same side from kneel-sit partner standing – rotary (3 ways) .

Shoulders from behind from kneel-sit partner standing – all directions, 6, breath (2 ways) .

Freestyle with two Randori. Seated Breath Kokyudosa.

1st KYU (5 techniques, 700 hrs – Brown belt) IKKYU:

One shoulder and strike Ryokatatori shomenuchi, Diagonal strike Yokomenuchi, Vertical strike Shomenuchi, Two hands on two Ryote tori, Horizontal strike Munetsuki, Hands from behind Ushiro ryote tori.

Freestyle with one from kneel-sit Hanmi handachi jiyu waza.

Freestyle with 3 Randori.

1st DAN (all previous techniques, 1000hrs. – Black belt) SHODAN:

Freestyle kneel-sit any approach Hanmi handachi jiyu waza.

Freestyle standing with 4 Randori.

*** Indicates both Entering Irimi & Turning Tenkan**