

6th Kyu

Belt

White

Hours required

36

TimeRequired:

3 months

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic 4

Form

First Form 18

Ukemi

Basic Forward Roll 2 **Right and Left**

Basic Back Roll 2 **Right and Left**

Jo Solo

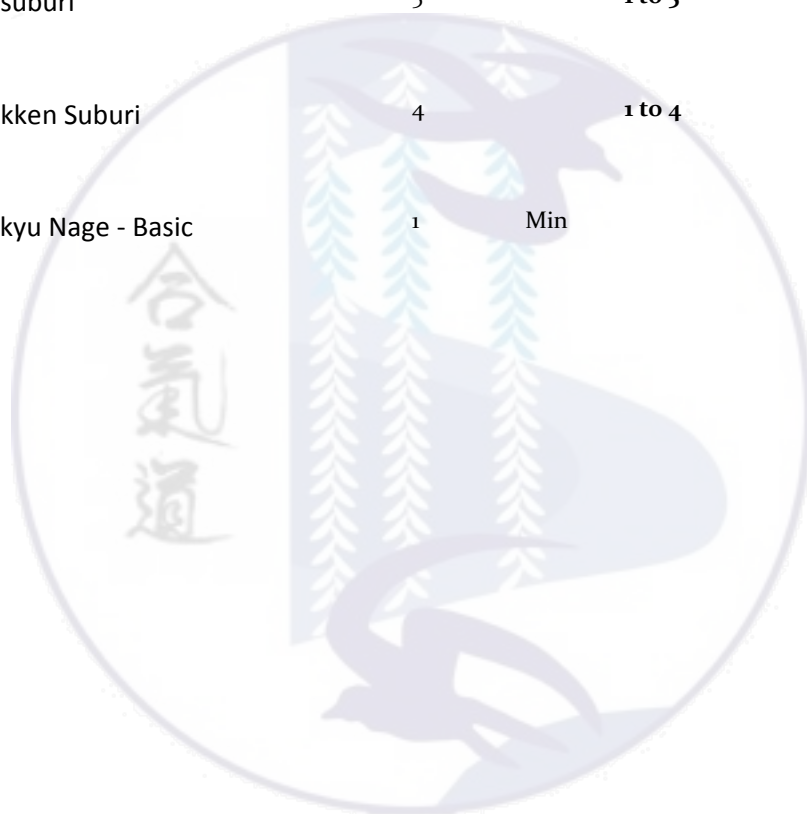
Jo suburi 5 **1 to 5**

Bokken solo

Bokken Suburi 4 **1 to 4**

Multiple attackers

Kokyu Nage - Basic 1 **Min**



5th Kyu

Belt

Yellow

Hours required

75

TimeRequired:

3 months after previous grade

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic 4

Form

First Form 6

Second Form 18

Jo Solo

Jo suburi 10 1 to 10

Bokken solo

Bokken Suburi 7 1 to 7

Multiple attackers

Kokyu Nage - Basic 1 Min



4th Kyu

Belt

Orange

Hours required

132

TimeRequired:

5 months after previous grade

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic 4

Sokumen Irimi Nage 4

Form

First Form 6

Second Form 6

Third Form 18

Kneeling

Hanmi Handachi 2

Suwari Waza 2

Jo Solo

Jo suburi 13 1 to 13

Bokken solo

Eight Directions Cutting 1

Jo Partner

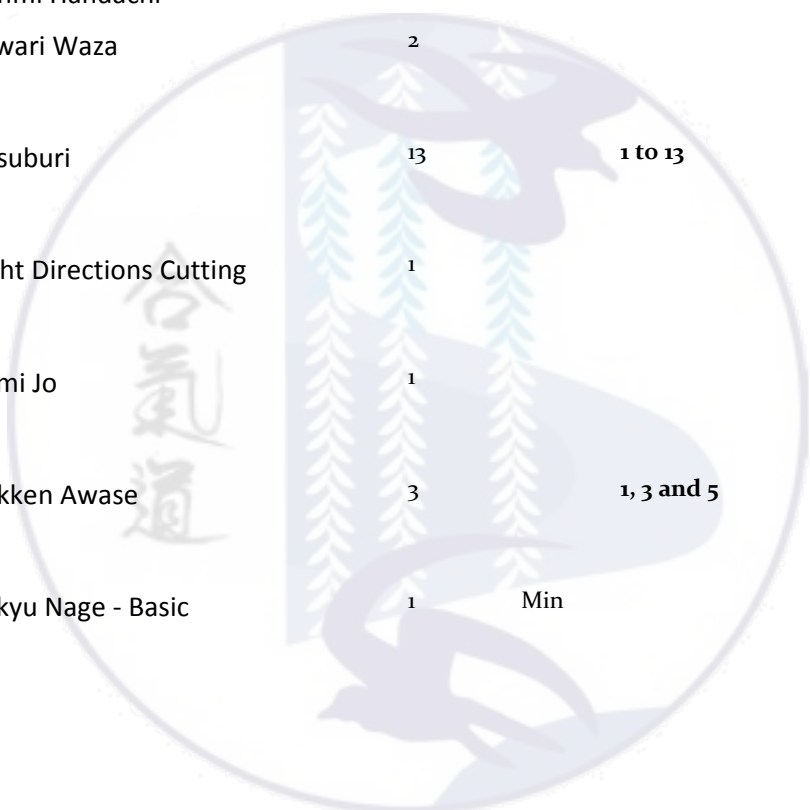
Kumi Jo 1

Bokken Partner

Bokken Awase 3 1, 3 and 5

Multiple attackers

Kokyu Nage - Basic 1 Min



3rd Kyu

Belt

Green

Hours required

216

TimeRequired:

6 months after previous grade

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic	4
Sokumen Irimi Nage	4
Morote Dori Irimi Nage	4

Form

First Form	6
Second Form	6
Third Form	6
Fourth Form	18

Ukemi

Kote Gaeshi over the Top	2	Right and Left
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Kneeling

Hanmi Handachi	2
Suwari Waza	2

Jo Solo

Jo suburi	18	1 to 18
13 Count Kata	1	

Jo Partner

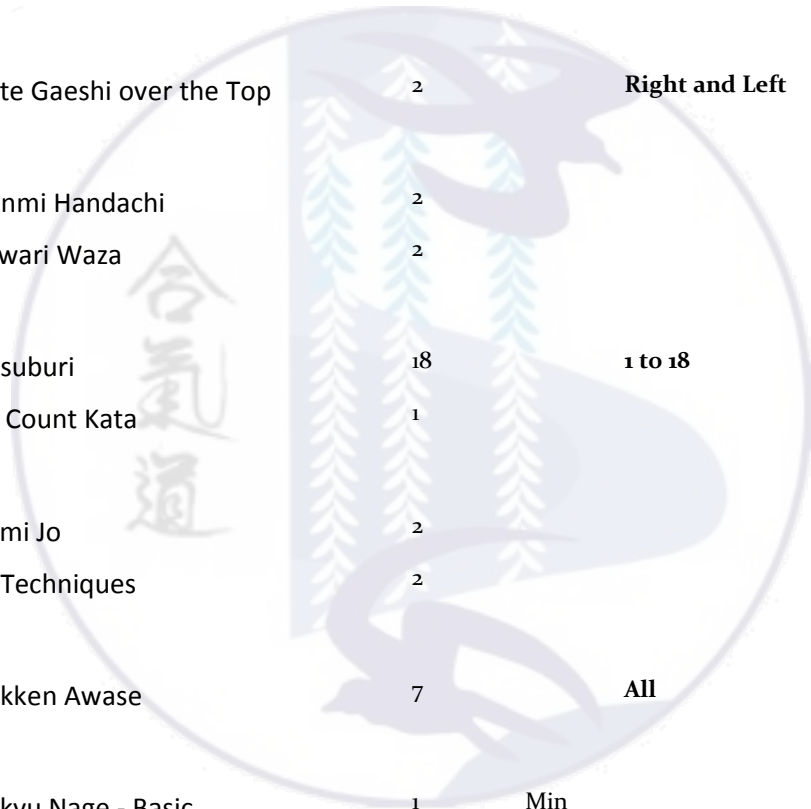
Kumi Jo	2
Jo Techniques	2

Bokken Partner

Bokken Awase	7	All
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Multiple attackers

Kokyu Nage - Basic	1	Min
Kokyu Nage Jo	1	



2nd Kyu

Belt

Blue

Hours required

324

TimeRequired:

9 months after previous grade

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic	4
Sokumen Irimi Nage	4
Morote Dori Irimi Nage	2
Morote Dori Irimi (Up)	2
Morote Dori Irimi (Down)	2
Morote Dori Irimi (Twist)	2

Form

First Form	6
Second Form	6
Third Form	6
Fourth Form	6
Fifth Form	18

Ukemi

Shiho Nage Over the Top	2	Right and Left
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Kneeling

Hanmi Handachi	2	From 5th Form
Suwari Waza	2	From 5th Form

Other

Koshi Nage	2
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Jo Solo

Jo suburi	21	1 to 21
13 Count Kata	1	
31 Count Kata	1	

Knife

Knife Taking	2
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Jo Partner

Kumi Jo	3	1 to 3
Jo Techniques	3	
Jo Taking	2	

Bokken Partner

Bokken Awase	7	All
Kumi Tachi	1	Number 1

2nd Kyu

Belt

Blue

Hours required

324

TimeRequired:

9 months after previous grade

Qty

Units

Notes

Bokken Taking

2

Multiple attackers

Kokyu Nage - Basic

1

Min

Kokyu Nage Jo

1



1st Kyu

Belt

Brown

Hours required

468

TimeRequired:

12 months after previous grade

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic	4
Sokumen Irimi Nage	4
Morote Dori Irimi Nage	2
Morote Dori Irimi (Up)	2
Morote Dori Irimi (Down)	2
Morote Dori Irimi (Twist)	2

Form

First Form	6
Second Form	6
Third Form	6
Fourth Form	6
Fifth Form	6
Sixth Form	18
Seventh Form	18

Kneeling

Hanmi Handachi	4
Suwari Waza	4

Other

Koshi Nage	3
Counters	2

Jo Solo

31 Count Kata	1
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Knife

Knife Taking	3
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Jo Partner

Kumi Jo	4
Jo Techniques	4
Jo Taking	4

Bokken Partner

Kumi Tachi	3
Bokken Taking	4

Multiple attackers



1st Kyu

Belt

Brown

Hours required

468

TimeRequired:

12 months after previous grade

Qty

Units

Notes

Kokyu Nage - Basic

1

Min

Kokyu Nage Jo

1

Min

Kokyu Nage-Knees

1



Shodan

Belt

Black

Hours required

612

TimeRequired:

and one year from promotion to ikkyu

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic	4
Sokumen Irimi Nage	4
Morote Dori Irimi Nage	2
Morote Dori Irimi (Up)	2
Morote Dori Irimi (Down)	2
Morote Dori Irimi (Twist)	2

Form

First Form	6
Second Form	6
Third Form	6
Fourth Form	6
Fifth Form	6
Sixth Form	6
Seventh Form	6
Eighth Form	18

Kneeling

Hanmi Handachi	6
Suwari Waza	6

Other

Koshi Nage	4
Counters	4
Many Holding	2

Knife

Knife Taking	4
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Jo Partner

Kumi Jo	5
Jo Techniques	5
Jo Taking	6
31 Count Kata Pairs	1

Bokken Partner

Kumi Tachi	5
Bokken Taking	6

Shodan

Belt

Black

Hours required

612

TimeRequired:

and one year from promotion to ikkyu

Qty

Units

Notes

Multiple attackers

Kokyu Nage - Basic	2	Min
Kokyu Nage Jo	1	Min
Kokyu Nage-Knees	2	Min
Randori	2	Min



Nidan

Belt

Black

Hours required

1224

TimeRequired:

and two years since obtaining shodan

Qty

Units

Notes

Tai No Henka

Tai No Henka Basic	4
Sokumen Irimi Nage	4
Morote Dori Irimi Nage	2
Morote Dori Irimi (Up)	2
Morote Dori Irimi (Down)	2
Morote Dori Irimi (Twist)	2

Form

First Form	6
Second Form	6
Third Form	6
Fourth Form	6
Fifth Form	6
Sixth Form	6
Seventh Form	6
Eighth Form	6
Ninth Form	6
Tenth Form	6
Eleventh Form	6
Twelfth Form	6
Thirteenth Form	6
Fourteenth Form	6
Fifteenth Form	6
Sixteenth Form	6

Kneeling

Hanmi Handachi	8
Suwari Waza	8

Other

Koshi Nage	5
Counters	6
Many Holding	4

Knife

Knife Taking	5
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Jo Partner



Nidan	Belt	Black	Hours required	1224
			TimeRequired:	and two years since obtaining shodan
			Qty	Units
				Notes

Kumi Jo 10

Jo Techniques 1 **As required by panel**

Jo Taking 1 **As Required by panel**

31 Count Kata Pairs 1

Jo v Bokken 5

Bokken Partner

Kumi Tachi 5

Kumi Tachi Body Variations 1 **As required by panel**

Bokken Taking 8

Multiple attackers

Kokyu Nage - Basic 3 Min

Kokyu Nage Jo 2 Min

Kokyu Nage-Knees 3 Min

Randori 5 Min

