

Shodan

Cumulative

Ability to Teach

Kihon Waza

Three versions of any previous Kihon Waza- include Goshin version

Combinations

1. Shomen Uchi Advanced

Shihonage + Kotegaeshi + Ikajo, Yonkajo, Sankajo + Tai Otoshi

2. One Jokyū combination from any previous rank

Freestyle-moving and stationary

Katate Mochi

Tsuki

Shomen Uchi

Yokomen Uchi

Jo

Random Attack

Nidan

Cumulative

Ability to Lead Class

Kihon Waza (one version)

Yama Arashi, Futaridori

Combinations

1. Kaeshi Waza-One for one
2. Two Jokyū combinations from any previous rank

Bo Waza

Kihon

Freestyle -moving and stationary

Two Attackers – multiple attacker drills