

3rd Kyu Adult Grading Syllabus 2023.11

Body art minimum 100 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Kaitenage

Katadori

1. Ikkyo through Yonkyo

Yokomenuchi

1. Ikkyo

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Sumiotoshi
2. Tenchinage
3. Uchikaitenage
4. Shihonage

Ryotedori

1. Shihonage

Techniques Tachiwaza

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Shihonage
3. Iriminage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Uchikaitenage
7. Sotokaitenage
8. Sumiotoshi
9. Tenchinage
10. Kokyu-ho
11. Kokyunage

Ai-hanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Shihonage
5. Jujinage
6. Sumiotoshi
7. Sotokaitenage

Katadori

1. Ikkyo through Yonkyo
2. Shihonage
3. Kotegaeshi

Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kotegaeshi
5. Kokyu-ho
6. Kokyunage

Morotedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kokyunage

Shomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Soto-kaitenage
6. Kaitenage

Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Kotegaeshi

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage

Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Kokyunage

Ushiro Ryokatadori

1. Ikkyo

Ryotedori - Suwariwaza

Sitting Kokyu-ho

Ukemi

1. Gakyuhami Ikkyo
2. Yokomenuchi Shihonage
3. Shomenuchi Kotegashi
4. Shomenuchi Iriminage

Weapons

Bokken

Shihogeri & Happogeri

8 Suburi (Chiba Sensei)

4 of 8 Suburi Suwariwaza (Chiba Sensei)

Uchikomi exercises

Kiri-Kaeshi 1 - Nagashi-Ushi

 2 - Suriotoshi

Jo

9 of 12 Kesa

9 of 12 Tsuki

9 of 12 Shomen

Sansho 1 (Both sides)