

*\*NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.*

Attacks	Gokyu/5th Kyu	Yonkyu/4th Kyu	Sankyu/3rd Kyu	Nikyu/2nd Kyu	Ikkyu/1st Kyu
	+ 50 hours	+ 80 hours	+ 100 hours	+ 150 hours	+ 200 hours
<b>Katatedori Gyakuhanmi</b>	Ikkyo Shihonage Kaitenage (Uchi & Soto)	Iriminage Nikyo Sankyo Kotegaeshi Kokyunage	Sumiotoshi Koshinage <b>Hanmi Handachi</b> - Shihonage - Kaitenage (Uchi & Soto)	<b>Hanmi Handachi</b> - Uchikaiten Katagatame - Sotokaiten Katagatame - Kokyunage	Kokyunage
<b>Katatedori Aihanmi</b>	Ikkyo	Iriminage Nikyo Sankyo Kotegaeshi Kaitenage (Soto) Shihonage	Jujinage Yonkyo Sumiotoshi Koshinage		
<b>Ryotedori</b>	<b>Suwariwaza</b> - Kokyuho	Shihonage Tenchinage Kokyunage <b>Hanmi Handachi</b> - Shihonage	Iriminage Kotegaeshi Koshinage	<b>Suwariwaza</b> - Kokyuho	Kokyunage Variations <b>Suwariwaza</b> Variations
<b>Morotedori</b>		Kokyunage	Ikkyo Nikyo Iriminage Kokyunage	Ikkyo Nikyo Iriminage Kotegaeshi Jujinage	Udegarame Shihonage
<b>Katadori (Mune/Sade)</b>	Ikkyo	Nikyo Sankyo	Yonkyo Shihonage Kotegaeshi	Uchikaiten Katagatame Sotokaiten Katagatame	Rokkyo Kokynage <b>Suwariwaza</b> - Rokkyo
<b>Shomenuchi</b>	Ikkyo <b>Suwariwaza</b> - Ikkyo	Nikkyo Sankyo <b>Suwariwaza</b> - Nikyo - Sankyo	Yonkyo Iriminage Kotegaeshi Kaitenage (Soto) Shihonage <b>Suwariwaza</b> - Yonkyo - Iriminage - Kotegaeshi - Kaitenage (Soto) - Shihonage	Sumiotoshi Gokyo Koshinage <b>Suwariwaza</b> - Sumiotoshi - Gokyo	<b>Hanmi Handachi</b> - Iriminage - Kotegaeshi - Kaitenage (Soto)
<b>Yokomenuchi</b>		Shihonage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kotegaeshi Jujinage <b>Suwariwaza</b> - Kokyunage	<b>Suwariwaza</b> - Ikkyo - Nikyo - Sankyo - Yonkyo - Iriminage - Kotegaeshi	<b>Hanmi Handachi</b> - Shihonage - Kotegaeshi

## Kyu Promotion Guidelines

\*NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.

Attacks	Gokyu/5th Kyu	Yonkyu/4th Kyu	Sankyu/3rd Kyu	Nikyu/2nd Kyu	Ikkyu/1st Kyu
	+ 50 hours	+ 80 hours	+ 100 hours	+ 150 hours	+ 200 hours
<b>Tsuki</b>			Ikkyo Nikyo Sankyo Kotegaeshi	Iriminage Sumiotoshi Gokyo Koshinage	<b>Suwariwaza</b> - Ikkyo - Iriminage - Kotegaeshi
<b>Ushiro Ryotedori</b>			Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Kaitenage Shihonage Kotegaeshi Iriminage Jujinage
<b>Ushiro Ryokatadori</b>			Katate Eridori - Ikkyo Ryo Katadori - Kokyunage	Katate Eridori - Iriminage Ryo Katadori - Ikkyo - Nikyo - Sankyo - Yonkyo	Kotegaeshi Shihonage Udegaramme
<b>Weapons</b>	<b>Bokken:</b> a. Sanpo – shomen, kesa & tsuki (both sides) b. Shiho giri  <b>Jyo:</b> Sanpo – tsuki, kesa, shomen (both sides)	<b>Bokken:</b> a. Happo giri b. Suburi Happo  <b>Jyo:</b> a. Kesa - kesa uchi 1&2 b. Tsuki - choko zuki c. Shomen - nagashi uchi	<b>Bokken:</b> a. kiri otoshi jo/chu/gedan first timing b. First two kiri-kaeshi (ukenagashi, suri-otoshi)  <b>Jyo:</b> kesa basics	<b>Bokken:</b> a. kiri otoshi jo/chu/gedan second timing  <b>Jyo:</b> tsuki basics	<b>Bokken :</b> a. kiri otoshi jo/chu/gedan third timing b. Kiri-kaeshi series  <b>Jyo :</b> shomen basics