



Rokyu (30 hours/3 months)

Tenkan

Shomenuchi:

- Ikkyo
- Iriminage

Munetsuki kotegaeshi

Katate dori shihonage

Kokyu tanden ho

Gokyu (60 hours/4 months)

All previous techniques plus:

Shomenuchi nikyo

Kata dori:

- Ikkyo
- Nikyo

Munetsuki kaitennage

Yonkyu (60 hours/4 months)

All previous techniques plus:

Shomenuchi:

- Sankyo
- Yonkyo

Yokomenuchi:

- Ikkyo
- Kotegaeshi
- Iriminage

Ryote dori:

- TENCHINAGE
- SHIHONAGE

Katate dori ryote mochi kokyu
tanden ho

Sankyu (70 hours/4 months)

All previous techniques plus:

Ushiro:

- Ryokata dori ikkyo
- Ryote dori shihonage
- Kubi shime kotegaeshi
- Ushiro waza kokyunage

Nikyu (80 hours/6 months)

All previous techniques plus:

Yokomenuchi:

- Nikyo
- Sankyo
- Yonkyo

Koshinage from:

- Shomenuchi
- Katate dori
- Yokomenuchi
- Munetsuki

Hanmi handachi:

- Katate dori shihonage
- Ryote dori shihonage

Suwariwaza:

- Shomenuchi ikkyo
- Kata dori ikkyo
- Yokomenuchi ikkyo

Ikkyu (90 hours/6 months)

All previous techniques plus:

Jiyu waza:

- Standing
- Hanmi handachi
- Suwariwaza

Tanto dori:

- Munetsuki
- Shomenuchi
- Yokomenuchi