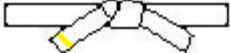



NJSHODOKAN KYU GRADE SYLLABUS

<p>8th kyu</p>	<p>More than 20 hours practice after starting</p>
<p>Yellow Stripe</p>	<p>Skills: Unsoku- footwork</p>
	<p>Kouhou ukemi (standing) - backward break fall</p>
	<p>Yoko ukemi (standing) - Side break fall</p>
	<p>Techniques: Aigamae katate dori - opposite side hand grab</p>
	<p>1. Shomenate</p>
	<p>2. Oshitaoshi</p>
	<p>3. Kotegaeshi</p>
<p>7th kyu</p>	<p>More than 20 hours practice after 8th kyu</p>
<p>Yellow Belt</p>	<p>Skills: Tegatana dousa- hand sword movements</p>
	<p>Zenpou kaiten ukemi (on one knee) - front roll</p>
	<p>Techniques: Gyakugamae katate dori - same side hand grab</p>
	<p>1. Aigamaeate</p>
	<p>2. Hikitaoshi,</p>
	<p>3. Tenkai kotehineri</p>
<p>6th kyu</p>	<p>More than 20 hours practice after 7th kyu</p>
<p>Green Belt</p>	<p>Skills: Zenpou kaiten ukemi (standing) - front roll</p>
	<p>Techniques: 1. Kouhou ryote dori (Behind hand grab) - gyakugamae ate</p>
	<p>2. Aigamae katate dori (opposite side hand grab) - wakigatame</p>
	<p>3. Hanza handachi gyakugamae katate dori (Tori is sitting; Uke is standing - same side hand grab)-tenkai kotegaeshi</p>
<p>5th kyu</p>	<p>More than 40 hours practice after 6th kyu</p>
<p>Orange Belt</p>	<p>Skills: Kihon no tsukuri Atemi waza, hontai no tsukuri (shomenate, aigamaeate) Slide in to opponent-practices distance and set up</p>
	<p>Kansetsu waza tegatana jodan no tsukuri (2 each hand) (oshitaoshi, hikitaoshi) high level, open hand, push around behind</p>
	<p>Techniques: Suwari waza Shomenuchi – oshitaoshi osae – basic pin</p>
	<p>Kihonwaza: Atemiwaza – striking techniques (shomenate, aigamaeate, gyakugamaeate, gedanate, ushiroate)</p>



Kihon no tsukuri must be done twice on both left and right sides. The second time the technique must be completed without stopping.

NJSHODOKAN KYU GRADE SYLLABUS

4th kyu	More than 40 hours practice after 5th kyu
Blue Belt	Skills: Kihon no tsukuri Atemi waza, hontai no tsukuri
	(gyakugamaeate, gedanate, ushiroate) - Slide in to opponent-practices distance and set up
	Kansetsu waza, tegatana gedan no tsukuri (2 each hand)
	(tenkaikotegaeshi, kotegaeshi) – low level, open hand,
	draw off to the side
	Techniques: Suwari waza Shomenuchi - oshitaoshi gyakutedori
	kotehineri osae - Reverse grip
	Kihon waza:
	Hiji waza - elbow techniques (oshitaoshi, udegaeshi,
	wakigatame, hikitaoshi, udehineri, wakigatame)
3rd kyu	More than 40 hours practice after 4th kyu
RedBelt	Skills: Kihon no tsukuri Atemi waza, hontai no tsukuri- all 5
	Slide in to opponent-practices distance and set up
	Kansetsu waza, nigiri gaeshi jodan no tsukuri (4 each hand)
	High Level, gripping, push around behind
	Techniques: Suwari waza Shomenuchi - oshitaoshi juntedori kotehineri
	osae- Regular grip
	Kihon waza:
	Tekubi waza -wrist techniques
	(kotehineri, kotegaeshi, tenkai kotehineri, tenkai
	kotegaeshi)
	Nage waza Nage no kata omote waza (go no sen no
	kuzushi)
	7 techniques

**Kihon no tsukuri must be done twice on both left and right sides.
The second time the technique must be completed without stopping.**

NJSHODOKAN KYU GRADE SYLLABUS

<p>2nd kyu</p> <p>BrownBelt</p> 	<p>More than 60 hours practice after 3rd kyu</p> <p>Skills: Kihon no tsukuri Atemi waza, shouki no tsukuri (shomenate, aigamaeate) – Slide in to opponent –practices distance, set</p> <p>Kansetsu waza, nigiri gaeshi gedan no tsukuri (4 each hand) – Low level, gripping, draw off to the side</p> <p>Techniques: Suwari waza Shomenuchi – oshitaoshi tekubi osae-kime</p> <p>Kihon waza Uki waza (maeotoshi, sumiotoshi, hikiotoshi)</p> <p>Nage waza Nage no kata ura waza (go no sen no kuzushi) 7 techniques - 2 maeotoshi, aigamaeate, gyakugamaeate, aigamaeate, gyakugamaeate, maeotoshi - double hand grip from behind</p>
<p>1st kyu</p> <p>BrownBelt Black Stripe</p> 	<p>More than 60 hours practice after 2nd kyu</p> <p>Skills: Kihon no tsukuri Atemi waza, shouki no tsukuri (gyakugamaeate, gedanate, ushiroate) Slide in to opponent - practices distance, set up, timing - Jumping</p> <p>Kansetsu waza, hiji mochi no tsukuri-double handed grip from a straight stab jodan (juntedori-oshitaoshi, gyakutedori- wakigatame) gedan (juntedori-, tenkai kotegaeshi, gyakutedori- kotegaeshi)</p> <p>Randori hou taisabaki (against tanto) - without using hands - using tegatana</p> <p>Techniques: Kihon waza Randori kihon waza (basic 17 uke without tanto)</p> <p>10 counters: Kihon ura waza Atemi waza no ura (Shomen-wakigatame, aigamaeate-oshitaoshi, gyakugamaeate-gedanate, gedanate-aigamaeate, ushiroate-tenkai kotehineri)</p> <p>Kansetsu waza no ura (oshitaoshi- oshitaoshi, hikitaoshi-tenkai kotehineri, kotegaeshi- kotegaeshi, tenkai kotehineri-wakigatame, tenkai kotegaeshi- tenkai kotegaeshi)</p>

**Kihon no tsukuri must be done twice on both left and right sides.
The second time the technique must be completed without stopping.**