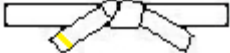






# NJSHODOKAN KYU GRADE SYLLABUS

<p><b>8th kyu</b></p>	<p>More than 20 hours practice after starting</p>
<p><b>Yellow Stripe</b></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><b>7th kyu</b></p>	<p>More than 20 hours practice after 8th kyu</p>
<p><b>Yellow Belt</b></p>	<p>Skills: Togatana 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><b>6th kyu</b></p>	<p>More than 20 hours practice after 7th kyu</p>
<p><b>Green Belt</b></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</p>
	<p>kotegaeshi</p>
<p><b>5th kyu</b></p>	<p>More than 40 hours practice after 6th kyu</p>
<p><b>Orange Belt</b></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

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

<p><b>2nd kyu</b></p> <p><b>BrownBelt</b></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><b>1st kyu</b></p> <p><b>BrownBelt</b> <b>Black Stripe</b></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.**