

1st Kyu Syllabus

5th Kyu 4th Kyu 3th Kyu 2nd Kyu 1st Kyu

	Ai Hamni (same stance)	Katate Dori (opposite stance)	Ryote Dori (2 hands on 2)	Kata Dori (1 hand shoulder grab)	Ryo Kata Dori (2 hands - 2 shoulders)	Katate Ryote Dori (2 hands on 1)	Kata Dori Menuchi (1 shoulder grab & strike)
Suwariwaza	Ikkyo Iriminage		Kokyu-ho	Ikkyo Nikyo Sankyo Iriminage Kote Gaeshi	Ikkyo Nikyo Sankyo Yonkyo		
Hamni Handachi Waza	Iriminage	Ikkyo Nikyo Iriminage Shihonage Uchi Kaiten Nage Soto Kaiten Nage	Ikkyo Nikyo Iriminage Shihonage Kote Gaeshi Uchi Kaiten Nage				
Tachiwaza	Ikkyo Nikyo Sankyo Yonkyo Iriminage Shihonage Kote Gaeshi Udekimenage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Irimi (Kokyu-ho) Shihonage Tenchinage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Udekimenage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Shihonage Tenchinage Kote Gaeshi Uchi Kaiten Nage Soto Kaiten Nage Udekimenage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kote Gaeshi	Ikkyo Nikyo Sankyo Yonkyo Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Shihonage Kote Gaeshi Jujigarami nage Udekimenage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Shihonage Kote Gaeshi Udekimenage Kokyu Nage
	Shomen Uchi (overhead strike)	Yokomen Uchi (side strike)	Ushiro Ryote Dori (2 hands on 2 behind)	Ushiro Ryo Kata (2 shoulder grab behind)	Chudan Tsuki (mid-section punch)	Jodan Tsuki (head punch)	
Suwariwaza	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kote Gaeshi	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kote Gaeshi					
Hamni Handachi Waza	Ikkyo Nikyo Iriminage Shihonage Kote Gaeshi	Ikkyo Nikyo Iriminage Shihonage Kote Gaeshi		Kokyu Nage Ikkyo Sankyo			
Tachiwaza	Ikkyo Nikyo Sankyo Yonkyo Iriminage Shihonage Kote Gaeshi Soto Kaiten Nage Udekimenage Koshi nage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Irimi (kokyo-ho) Shihonage Kote Gaeshi Udekimenage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Sokomen Irimi Shihonage Kote Gaeshi Udekimenage Koshi nage Jujigarami nage Kokyu Nage	Ikkyo Nikyo Sankyo Yonkyo Sokomen Irimi Udekimenage	Ikkyo Nikyo Iriminage Shihonage Kote Gaeshi	Ikkyo Nikyo Iriminage Shihonage Kote Gaeshi	

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