

JUNIOR TEST SYLLABUS

March 2024

8th Kyu (Red Belt)

Migi Hanmi No Kamae	Right Kamae
Hidari Hanmi No kamae	Left Kamae
Seiza Ho	Sitting in three steps
Shikko Ho	Matwalking – Backward and forward
Ukemi - 6 falls	Tumble, Back fall, RH roll, RH back roll LH roll, LH back roll
Ikkajo Ichi	Shomen Uchi Ikkajo Osae 1 - R/L
Irimi Tsuki	Shomen Uchi irimi Tsuki (3 rd technique of Go-waza)
Ushiro Nage	Shomen uchhi Ushiro Nage (4 th technique of Go-waza)

7th Kyu (Orange Belt)

Migi Hanmi No Kamae	Right Kamae
Hidari Hanmi No kamae	Left Kamae
Seiza Ho	Sitting in three steps
Shikko Ho	Matwalking – Backward and forward
Ukemi - 8 falls	Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll RH side fall, LH side fall
Hijiate	Katate Mochi Hijiate Kokyunage - R/L
Irimi Nage Ichi	Shomen Uchi Shomen Iriminage Ichi - R/L
Go- waza	Shomen tsuki Go-waza (3 rd , 4 th & 5 th techniques) Right only

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6th Kyu (Yellow Belt)

Migi Hanmi No Kamae	Right Kamae
Hidari Hanmi No kamae	Left Kamae
Seiza Ho	Sitting in three steps
Shikko Ho	Matwalking – Backward and forward
Ukemi - 10 falls	Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll RH side fall, LH side fall, RH cartwheel, LH cartwheel
Hijiate	Katate Mochi Hijiate Kokyunage - R/L
Irimi Nage Ichi	Shomen Uchi Shomen Iriminage Ichi - R/L
Go- waza	Shomen tsuki Go-waza (1-5) - Right only

5th Kyu (Green Belt)

Migi Hanmi No Kamae	Right Kamae
Hidari Hanmi No kamae	Left Kamae
Seiza Ho	Sitting in three steps
Shikko Ho	Matwalking – Backward and forward
Ukemi – 12 falls	Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll RH side fall, LH side fall, RH cartwheel, LH cartwheel RH flickfall, LH flickfall
Hiriki No Yosei 1 & 2	Right side only
Sokumen	Katate aya mochi sokumen iriminage R/L
Hip Throw	Kata mochi koshinage + arm bar/ground lock R/L
Go waza	Shomen Uchi - Right Side Only

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4th Kyu (Blue Belt)

Migi Hanmi No Kamae	<i>Right Kamae</i>
Hidari Hanmi No kamae	<i>Left Kamae</i>
Ukemi – 12 falls	<i>Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll RH side fall, LH side fall, RH cartwheel, LH cartwheel RH flickfall, LH flickfall</i>
Hiriki No Yosei 1 & 2	<i>Right side only</i>
Shihonage Ichi	<i>Katate Mochi Shihonage 1 - R/L</i>
Sokumen	<i>Katate aya mochi sokumen iriminage - R/L</i>
Iriminage Ichi	<i>Shomen uchi shomen iriminage ichi - R/L</i>
Hip Throw	<i>Kata mochi koshinage + arm bar/ground lock - R/L</i>
Katate aya mochi go waza	<i>Right Side Only</i>

3rd Kyu & 2nd Kyu (Brown belt)

Migi Hanmi No Kamae	<i>Right Kamae</i>
Hidari Hanmi No kamae	<i>Left Kamae</i>
Ukemi – 12 falls	<i>Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll, RH side fall, LH side fall, RH cartwheel, LH cartwheel, RH flickfall, LH flickfall</i>
Shumatsu Dosa 1 & 2	<i>Right Side Only</i>
Shihonage	<i>Yokomen uchi shihonage1 - R/L</i>
Nikkajo	<i>Katate aya mochi - R/L</i>
Ikkajo Ni	<i>Shomen uchi ikkajo osae 2 - R/L</i>
Kokyunage (basic)	<i>Shomen uchi kokyunage - R/L</i>
Nihonme Kumite (basic)	<i>Sankajo Nage – R/L Hijiate Kokyuhō nage – R/L</i>
Shitei Go Waza	<i>Right Side only</i>

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JUNIOR TEST SYLLABUS

1st Kyu (Brown belt) & Shodan (Black belt)

Migi Hanmi No Kamae	<i>Right Kamae</i>
Hidari Hanmi No kamae	<i>Left Kamae</i>
Ukemi – 12 falls	<i>Tumble, Back fall, RH roll, RH back roll, LH roll, LH back roll, RH side fall, LH side fall, RH cartwheel, LH cartwheel, RH flickfall, LH flickfall</i>
Tai No Henko 1 & 2	<i>Right side only</i>
Hijishime	<i>Shomen uchi hijishime 2 R/L</i>
Iriminage Ni	<i>Shomen tsuki shomen iriminage 2 R/L</i>
Sankajo	<i>Ushiro ryote mochi sankajonage R/L</i>
Kokyunage (advanced)	<i>Yokomen uchi kokyunage and duck right side only</i>
Ipponme Kumite	<i>Ryote Mochi Kokyuhō Nage X 4</i>
Jiyuwaza	<i>Shomen tsuki</i>

***Shodan:** All kihon dosa & shitei waza x 2

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