

**NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.*

Attacks	Gokyu/5th Kyu	Yonkyu/4th Kyu	Sankyu/3rd Kyu	Nikyu/2nd Kyu	Ikkyu/1st Kyu
	+ 50 hours	+ 80 hours	+ 100 hours	+ 150 hours	+ 200 hours
Katatedori Gyakuhanmi	Ikkyo Shihonage Kaitenage (Uchi & Soto)	Iriminage Nikyo Sankyo Kotegaeshi Kokyunage	Sumiotoshi Koshinage Hanmi Handachi - Shihonage - Kaitenage (Uchi & Soto)	Hanmi Handachi - Uchikaiten Katagatame - Sotokaiten Katagatame - Kokyunage	Kokyunage
Katatedori Aihanmi	Ikkyo	Iriminage Nikyo Sankyo Kotegaeshi Kaitenage (Soto) Shihonage	Jujinage Yonkyo Sumiotoshi Koshinage		
Ryotedori	Suwariwaza - Kokyuho	Shihonage Tenchinage Kokyunage Hanmi Handachi - Shihonage	Iriminage Kotegaeshi Koshinage	Suwariwaza - Kokyuho	Kokyunage Variations Suwariwaza Variations
Morotedori		Kokyunage	Ikkyo Nikyo Iriminage Kokyunage	Ikkyo Nikyo Iriminage Kotegaeshi Jujinage	Udegarame Shihonage
Katadori (Mune/Sade)	Ikkyo	Nikyo Sankyo	Yonkyo Shihonage Kotegaeshi	Uchikaiten Katagatame Sotokaiten Katagatame	Rokkyo Kokynage Suwariwaza - Rokkyo
Shomenuchi	Ikkyo Suwariwaza - Ikkyo	Nikkyo Sankyo Suwariwaza - Nikyo - Sankyo	Yonkyo Iriminage Kotegaeshi Kaitenage (Soto) Shihonage Suwariwaza - Yonkyo - Iriminage - Kotegaeshi - Kaitenage (Soto) - Shihonage	Sumiotoshi Gokyo Koshinage Suwariwaza - Sumiotoshi - Gokyo	Hanmi Handachi - Iriminage - Kotegaeshi - Kaitenage (Soto)
Yokomenuchi		Shihonage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kotegaeshi Jujinage Suwariwaza - Kokyunage	Suwariwaza - Ikkyo - Nikyo - Sankyo - Yonkyo - Iriminage - Kotegaeshi	Hanmi Handachi - Shihonage - Kotegaeshi

Kyu Promotion Guidelines

*NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.

Attacks	Gokyu/5th Kyu	Yonkyu/4th Kyu	Sankyu/3rd Kyu	Nikyu/2nd Kyu	Ikkyu/1st Kyu
	+ 50 hours	+ 80 hours	+ 100 hours	+ 150 hours	+ 200 hours
Tsuki			Ikkyo Nikyo Sankyo Kotegaeshi	Iriminage Sumiotoshi Gokyo Koshinage	Suwariwaza - Ikkyo - Iriminage - Kotegaeshi
Ushiro Ryotedori			Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Kaitenage Shihonage Kotegaeshi Iriminage Jujinage
Ushiro Ryokatadori			Katate Eridori - Ikkyo Ryo Katadori - Kokyunage	Katate Eridori - Iriminage Ryo Katadori - Ikkyo - Nikyo - Sankyo - Yonkyo	Kotegaeshi Shihonage Udegaramme
Weapons	Bokken: a. Sanpo – shomen, kesa & tsuki (both sides) b. Shiho giri Jyo: Sanpo – tsuki, kesa, shomen (both sides)	Bokken: a. Happo giri b. Suburi Happo Jyo: a. Kesa - kesa uchi 1&2 b. Tsuki - choko zuki c. Shomen - nagashi uchi	Bokken: a. kiri otoshi jo/chu/gedan first timing b. First two kiri-kaeshi (ukenagashi, suri-otoshi) Jyo: kesa basics	Bokken: a. kiri otoshi jo/chu/gedan second timing Jyo: tsuki basics	Bokken : a. kiri otoshi jo/chu/gedan third timing b. Kiri-kaeshi series Jyo : shomen basics