

SHODAN
EXAMINATION GUIDELINES

PART ONE: TAIJUTSU / BODY ARTS

Examinee is to demonstrate a minimum of five variations for:

SHOMEN UCHI
YOKOMEN UCHI
KATA TORI
RYOTE TORI
USHIRO RYOTE TORI
KOSHI NAGE
HANMI HANDACHI – KATATE TORI
SUWARI WAZA – SHOMEN UCHI
HENKA WAZA

PART TWO: WEAPONS APPLICATION WITH ONE UKE

Examinee is to demonstrate a minimum of five variations for:

TANTO TORI
TACHI TORI
JO TORI
SEVEN BASIC SUBURI WITH BOKKEN

PART THREE: OPEN SECTION

At examiner's requests: any previous training material

PART FOUR: RANDORI WITH FOUR UKES

KATATE TORI AND KATA TORI ONLY

NIDAN
EXAMINATION GUIDELINES

PART ONE: TAIJUTSU / BODY ARTS

Examinee is to demonstrate a minimum of five variations for:

**MUNE TSUKI
KERI
KATA TORI SHOMEN UCHI
MOROTE TORI
USHIRO KATA TORI
SUWARI WAZA – KATA TORI
HANMI HANDACHI – SHOMEN UCHI
KOSHI NAGE
HENKA WAZA
KAESHI WAZA**

PART TWO: WEAPONS APPLICATION WITH TWO UKES

**TANTO TORI RANDORI
TACHI TORI RANDORI
JO TORI RANDORI
BASIC JO: TSUKI AND UCHI**

PART THREE: OPEN SECTION

At examiner's requests: any previous training material

PART FOUR: RANDORI WITH FOUR UKES

ANY ATTACK, FREE STYLE

SANDAN
EXAMINATION GUIDELINES

PART ONE: TAIJUTSU / BODY ARTS

Examinee is to demonstrate a minimum of five variations for:

**MUNE TSUKI
KERI
SHOMEN UCHI
USHIRO RYOTE TORI
USHIRO KATA TORI
SUWARI WAZA
HANMI HANDACHI
BASIC MAT TECHNIQUES AND SUBMISSIONS**

**PART TWO: WEAPONS APPLICATION WITH THREE
UKES**

**TANTO TORI RANDORI
TACHI TORI RANDORI
JO TORI RANDORI
SELECTED KATA WITH BOKKEN AND JO
SELECTED KUMITACHI AND KUMIJO**

PART THREE: OPEN SECTION

At examiner's requests: any previous training material

PART FOUR: RANDORI WITH FOUR UKES

ANY ATTACK, FREE STYLE