

3rd KYU(150)

Name - Japanese	Name - English
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Suwari Waza Yokomen Uchi Sankajo Osae 2	Kneeling Technique Side Strike Third Control 2
Shomen Uchi Shomen Iriminage 1	Front Strike Front Entry Throw 1
Kata Mochi Nikajo Osae 2	Shoulder Grab Second Control 2
Optional techniques – MINIMUM of THREE.	All Kihon Dosa done with partner.

Katate Mochi Shihonage 1	Wrist Grab Four Directional Throw 1
Katate Mochi Shihonage 2	Wrist Grab Four Directional Throw 2
Ryote Mochi Shihonage 1	Double Wrist Grab Four Directional Throw 1
Ryote Mochi Shihonage 2	Double Wrist Grab Four Directional Throw 2
Yokomen Uchi Shihonage 1	Side Strike Four Directional Throw 1
Yokomen Uchi Shihonage 2	Side Strike Four Directional Throw 2

* Shomen Uchi Ikkajo Osae 1	Front Strike First Control 1
* Shomen Uchi Ikkajo Osae 2	Front Strike First Control 2
* Yokomen Uchi Ikkajo Osae 1	Side Strike First Control 1
* Yokomen Uchi Ikkajo Osae 2	Side Strike First Control 2
Ushiro Ryote Mochi Ikkajo Osae 1	Double Wrist Grab from Behind First Control 1
Ushiro Ryote Mochi Ikkajo Osae 2	Double Wrist Grab from Behind First Control 2

* Katate Mochi Nikajo Osae 1	Wrist Grab Second Control 1
* Katate Mochi Nikajo Osae 2	Wrist Grab Second Control 2
* Shomen Uchi Nikajo Osae 1	Front Strike Second Control 1
* Shomen Uchi Nikajo Osae 2	Front Strike Second Control 2

* Shomen Uchi Sankajo Osae 1	Front strike Third Control 1
* Shomen Uchi Sankajo Osae 2	Front Strike Third Control 2

* Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
* Shomen Uchi Yonkajo Osae 2	Front Strike Fourth Control 2

* Katate Mochi Sokumen Iriminage 1	Wrist Grab Side Entry Throw 1
* Katate Mochi Sokumen Iriminage 2	Wrist Grab Side Entry Throw 2

*Shomen Uchi Shomen Iriminage 1	Front Strike Front Entry Throw 1
*Shomen Uchi Shomen Iriminage 2	Front Strike Front Entry Throw 2
* Yokomen Uchi Shomen Iriminage 1	Side Strike Front Entry Throw 1
* Yokomen Uchi Shomen Iriminage 2	Side Strike Front Entry Throw 2

* Mune Mochi Hijishime 1	Chest Grab Elbow Lock 1
* Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2

* Shomen Uchi Kotegaeshi 1	Front Strike Return the Wrist Throw 1
* Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2

* Ryote Mochi Tenchinage 1	Double Wrist Grab Heaven and Earth Throw 1
* Ryote Mochi Tenchinage 2	Double Wrist Grab Heaven and Earth Throw 2

Suwari Waza Ryote Mochi Kokyu Ho 1	Kneeling Technique Double Wrist Grab Timing Throw 1
Suwari Waza Ryote Mochi Kokyu Ho 2	Kneeling Technique Double Wrist Grab Timing Throw 2

2015/16 Syllabus

2nd KYU (100)As 3rd KYU with additional optional techniques as listed below:

* Kata Mochi Ikkajo Osae 1	Shoulder Grab First Control 1
* Kata Mochi Ikkajo Osae 2	Shoulder Grab First Control 2

* Kata Mochi Nikajo Osae 1	Shoulder Grab Second Control 1
* Kata Mochi Nikajo Osae 2	Shoulder Grab Second Control 2

* Yokomen Uchi Sankajo Osae 1	Side Strike Third Control 1
* Yokomen Uchi Sankajo Osae 2	Side Strike Third Control 2

* Yokomen Uchi Yonkajo Osae 1	Side Strike Fourth Control 1
* Yokomen Uchi Yonkajo Osae 2	Side Strike Fourth Control 2

* Shomen Uchi Hijishime 1	Front Strike Elbow Lock 1
* Shomen Uchi Hijishime 2	Front Strike Elbow Lock 2

1st KYU(100)As 2nd & 3rd KYU with additional optional techniques as listed below:

Ushiro Ryote Mochi Sankajo Osae 1	Double Wrist Grab from Behind Third Control 1
Ushiro Ryote Mochi Sankajo Osae 2	Double Wrist Grab from Behind Third Control 2

* Kata Mochi Sokumen Irimi Nage 1	Shoulder Grab Side Entry Throw 1
* Kata Mochi Sokumen Irimi Nage 2	Shoulder Grab Side Entry Throw 2

* Yokomen Uchi Hijishime 1	Side Strike Elbow Lock 1
* Yokomen Uchi Hijishime 2	Side Strike Elbow Lock 2
* Kata Mochi Hijishime 1	Shoulder Grab Elbow Lock 1
* Kata Mochi Hijishime2	Shoulder Grab Elbow Lock 2

* Yokomen Uchi Kotegaeshi 1	Side Strike Return the Wrist Throw 1
* Yokomen Uchi Kotegaeshi 2	Side Strike Return the Wrist Throw 2

N.B. * Denotes that technique can be done standing or kneeling.

