

8th KYU (25)

Name - Japanese	Name - English
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Seiza Ho	Correct Way of Sitting
Shikko Ho	Knee Walking
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

7th KYU (50)

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
Katate Mochi Shihonage 1	Wrist Grab Four Directional Throw 1
Katate Mochi Shihonage 2	Wrist Grab Four Directional Throw 2
Shomen Uchi Ikkajo Osae 1	Front Strike First Control 1
Shomen Uchi Ikkajo Osae 2	Front Strike First Control 2

6th KYU (75)

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
Ryote Mochi Shihonage 1	Double Wrist Grab Four Directional Throw 1
Ryote Mochi Shihonage 2	Double Wrist Grab Four Directional Throw 2
Yokomen Uchi Ikkajo Osae 1	Side Strike First Control 1
Yokomen Uchi Ikkajo Osae 2	Side Strike First Control 2
Shomen Uchi Nikkajo Osae 1	Front Strike Second Control 1
Shomen Uchi Nikkajo Osae 2	Front Strike Second Control 2
One technique from 7 th KYU.	

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 DE56 1UU.**
4th KYU (100)

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
Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2
Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2
Ryote Mochi Tenchi Nage 1	Double Wrist Grab Heaven and Earth Throw 1
Suwari Waza Ryote Mochi Kokyu Ho 1	Kneeling Technique Double Wrist Grab Timing Throw 1
One technique from each of 7 th , 6 th & 5 th KYU.	
All Kihon Dosa done with partner.	

5th KYU (100)

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
Katate Mochi Nikajo Osae 1	Wrist Grab Second Control 1
Katate Mochi Nikajo Osae 2	Wrist Grab Second Control 2
Shomen Uchi Sankajo Osae 1	Front Strike Third Control 1
Shomen Uchi Sankajo Osae 2	Front Strike Third Control 2
Katate Mochi Socumen Iriminage 1	Wrist Grab Side Entry Throw 1
Yokomen Uchi Shomen Iriminage 2	Side Strike Front Entry Throw 2
One technique from each of 7 th & 6 th KYU.	
All Kihon Dosa done with partner.	

