



	Kihon/Basics	6th Kyu	5th Kyu	4th Kyu	3rd Kyu	2nd Kyu	1st Kyu	Shodan	Nidan	Sandan
<b>Essential Exercises</b>	Za ho Sitting Kamae...Hanmi Seiza-Hanza-Kamae Taisabaki...Irimi-Tenkan Ukemi-ushiro-mae-yoko Bokken...Basic cut Dojo etiquette Rei ho	Skikko ho Kamae...Ma-ai Irimi ashi...Tsugi ashi Tori fune Shiho giri Shomenuchi Yokemenuchi Tsuki	As 6th Kyu plus Ikkyo undo 1-2-4-8...directions Mae ukemi	As 5th Kyu plus Bokken...Shiho giri Mae ukemi without arms	As 4th Kyu plus Bokken happo undo Demonstrate three forms	As 3rd Kyu plus Bokken - both forms of happo giri exercise Bokken circle exercise	As 2nd Kyu plus Shikko with bokken shomenuchi Bokken circle exercise with nagewaza	All preceding elements plus Straight line nagewaza with jo and bokken.	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan
<b>Shomen uchi</b>	Ikkyo from contact	Ikkyo Iriminage	Ikkyo Irimi nage	Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi	Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi	Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi Kaiten nage	As 2nd Kyu plus Uchi kaiten Sankyo Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan plus Tachidori	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Yokomen uchi</b>			Shiho nage	Shiho nage Kote gaeshi Kokyu nage	Shiho nage Kote gaeshi Irimi nage Kokyu nage Gokyo	Shiho nage Kote gaeshi Irimi nage Kokyu nage Ikkyo Nikyo Sankyo Yonkyo Gokyo	As 2nd Kyu plus Koshi nage Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan plus Tachidori	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Tsuki</b>			Kote gaeshi	Kote gaeshi Irimi nage	Kote gaeshi Irimi nage Kokyu nage	Kote gaeshi Irimi nage Kokyu nage Kaiten nage	As 2nd Kyu plus Uchi kaiten Sankyo Ude kime nage Sumi otoshi	All preceding elements at a level of competence appropriate to Shodan plus Tanto dori	All preceding elements at a level of competence appropriate to Nidan plus Tachidori	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Katate dori</b>		Shiho nage Kokyu nage	Shiho nage Kokyu nage Kote gaeshi Irimi nage (Gedan)	Shiho nage Kokyu nage Kote gaeshi Irimi nage Jodan/Chudan/Gedan	Shiho nage Kokyu nage Kote gaeshi Irimi nage Kaiten nage plus Jiyu waza	Shiho nage Kokyu nage Kote gaeshi Irimi nage Kaiten nage Kokyu waza plus Jiyu waza	As 2nd Kyu plus Sumi otoshi Juji nage	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Ryote dori</b>	Suwari waza Kokyu ho	Kokyu ho	Kokyu ho Shiho nage Tenchi nage	Kokyu ho Shiho nage Tenchi nage Irimi nage Jodan/Chudan/Gedan	Kokyu ho Shiho nage Tenchi nage Irimi nage Kokyu waza plus Jiyu waza	Kokyu ho Shiho nage Tenchi nage Irimi nage Kokyu waza plus Jiyu waza	As 2nd Kyu plus Koshi nage Advanced Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Morote dori</b>			Kokyu nage	Kokyu nage Irimi nage Ikkyo	Kokyu nage Irimi nage Ikkyo Nikyo Kote gaeshi	Kokyu nage Irimi nage Ikkyo Nikyo Kote gaeshi plus Jiyu waza	As 2nd Kyu plus Koshi nage Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Kata dori Mune dori Sode dori</b>			Nikyo	Nikyo Kokyu nage Tenchi nage	Ikkyo Nikyo Sankyo Yonkyo Kokyu nage Tenchi nage	Ikkyo Nikyo Sankyo Yonkyo Kokyu nage Tenchi nage Irimi nage	As 2nd Kyu plus Koshi nage Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Ushiro waza</b>			Ryote/kata/hiji Ikkyo Kokyu nage	Ryote/kata/hiji Ikkyo Kokyu nage Shiho nage Irimi nage	Ryote/kata/hiji Ikkyo Nikyo Sankyo Yonkyo Kokyu nage Shiho nage Irimi nage Kokyu waza	As 3rd Kyu plus Eri dori Ikkyo Irimi nage Katate dori kubi shime Jiyu waza	As 2nd Kyu plus Koshi nage Kokyu waza	All preceding elements at a level of competence appropriate to Shodan	All preceding elements at a level of competence appropriate to Nidan	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza
<b>Taninzugake Multiple attack</b>			Futari gake Katate dori Irimi nage Tenchi nage	As 5th Kyu plus Kokyu nage Kote gaeshi	As 4th Kyu plus Futari gake Shomen uchi Ikkyo nage Irimi nage Kote gaeshi	As 3rd Kyu plus Futari gake Tsuki Jiyu waza Sannin Katate dori Jiyu waza	As 2nd Kyu plus Shomen uchi Jiyu waza	All preceding elements at a level of competence appropriate to Shodan plus Tanto dori Futari gake	All preceding elements at a level of competence appropriate to Nidan plus Tachidori Taninzugake Jiyu waza	All preceding elements at a level of competence appropriate to Sandan plus Jiyu waza

Key: Material coloured in red is introduced for the first time at this grade. Material highlighted in yellow was emphasised to be particularly important by Alan Ruddock Sensei. Grades above Sandan will show appropriate levels of competence in all preceding material.