

Proposed Kyu Grading Syllabus for Tests from December 2015 onwards

Ref:PCM/260715

- Notes:**
1. Kihon and Kinonagare - Unless stated otherwise below, techniques should be demonstrated in kihon up to 3 kyu. From 2 kyu a Candidate should be prepared to demonstrate techniques in both Kihon and Kinonagare
 2. Where it says '3 simple attacks' it is suggested that these are chosen from Shomenuchi, Katatedori, Ryotedori, Kosadori and Tsuki, and the Candidate should be familiar with all these forms.

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|------------|------------|---------------------------------|------------|
| 6 Kyu | Ukemi | | Ushiro | Solo |
| | Tainohenko | Katatedori | Kihon | Tachiwaza |
| | Ikkyo | Shomenuchi | Omote & Ura | Tachiwaza |
| | Kotegaeshi | Kosadori | Kihon | Tachiwaza |
| | Kokyudosa | Ryotedori | Grip on backs of wrists (Kihon) | Suwariwaza |
| | Ken Suburi | | 1,2,3 | Tachiwaza |
| | Jo Suburi | | 1,2,3 | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|------------|------------|--------------------|------------------------|
| 5 Kyu | Ukemi | | Mae & Ushiro | Solo |
| | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyuhoh | Katatedori | Kihon | Tachiwaza |
| | Ikkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Katatedori | Omote & Ura | Tachiwaza |
| | Shihonage | Katatedori | Omote & Ura | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon | Suwariwaza |
| | Ken Suburi | | 1 to 7 | Tachiwaza |
| | Shihogiri | | Ken | Tachiwaza |
| | Jo Suburi | | 1 to 10 | Tachiwaza |
| | Roku no Jo | | Jo | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|--------------|------------|--------------------|------------------------|
| 4 Kyu | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyuhoh | Morotedori | Kihon | Tachiwaza |
| | Ikkyo | Katatedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Katadori | Omote & Ura | Tachiwaza |
| | Nikkyo | Shomenuchi | Omote & Ura | Tachiwaza |
| | Shihonage | Katatedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Iriminage | Shomenuchi | Kihon | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon | Suwariwaza |
| | Happogiri | | Ken | Tachiwaza |
| | Ken no Awase | | Migi & Hidari | Tachiwaza |
| | Jo Suburi | | 1 to 13 | Tachiwaza |
| | 31 Jo Kata | | 1 to 12 | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|------------|------------|----------------------|-----------|
| | Ukemi | | High Fall (Assisted) | Tachiwaza |
| | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza |

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|-------|--------------|------------|------------------------|------------------------|
| 3 Kyu | Kokyuho | Morotedori | Kihon | Tachiwaza |
| | Kokyuho | Katatedori | Moving | Tachiwaza |
| | Ikkyo | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Ryotedori | Omote & Ura | Tachiwaza |
| | Nikkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Nikkyo | Katatedori | Omote & Ura | Tachiwaza |
| | Sankyo | Shomenuchi | Omote & Ura | Tachiwaza |
| | Sankyo | Katatedori | Omote & Ura | Tachiwaza |
| | Shihonage | Kosadori | Omote & Ura | Tachiwaza |
| | Kotegaeshi | Shomenuchi | Ura | Tachiwaza |
| | Kotegaeshi | Tsuki | Ura | Tachiwaza |
| | Iriminage | Katatedori | Gedan, Chudan & Jordan | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon | Suwariwaza |
| | Kaiten-nage | Katatedori | Uchi & Soto Mawari | Tachiwaza |
| | Ken no Awase | | Go & Shichi | Tachiwaza |
| | Jo Suburi | | 1 to 20 | Tachiwaza |
| | 13 Jo Kata | | 1 to 13 | Tachiwaza |
| | 31 Jo Kata | | 1 to 18 | Tachiwaza |
| | 31 Kumijo | | 1 to 3 & 4 to 6 | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|-----------------------|-------------|--------------------------------------|------------------------|
| 2 Kyu | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyuho | Morotedori | Kihon | Tachiwaza |
| | Ikkyo | Ryotedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Ryokatadori | Omote & Ura | Tachiwaza |
| | Nikkyo | Katatedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Nikkyo | Katadori | Omote & Ura | Tachiwaza |
| | Sankyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Katatedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Katadori | Omote & Ura | Tachiwaza |
| | Sankyo | Ryotedori | Omote & Ura | Tachiwaza |
| | Sankyo | Yokomenuchi | Omote & Ura | Tachiwaza |
| | Yonkyo | Shomenuchi | Omote & Ura | Tachiwaza |
| | Yonkyo | Katatedori | Omote & Ura | Tachiwaza |
| | Gokkyo | Yokomenuchi | Ura | Tachiwaza |
| | Shihonage | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Kotegaeshi | Shomenuchi | Ura | Tachiwaza & Suwariwaza |
| | Kotegaeshi | Tsuki | Ura | Tachiwaza |
| | Iriminage | Katadori | Ura | Tachiwaza |
| | Iriminage | Tsuki | Ura | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon | Suwariwaza |
| | Ken Kimusubi no Tachi | | | Tachiwaza |
| | Ken Kumitachi | | 1 & 2 | Tachiwaza |
| | Jo Happotsuki | | | Tachiwaza |
| | 31 Jo Kata | | 1 to 31 | Tachiwaza |
| | 31 Kumijo | | 1 to 3, 4 to 6, 9 to 11 and 13 to 17 | Tachiwaza |
| | Tanto | Tsuki | Kotegaeshi | Tachiwaza |
| | Tanto | Tsuki | Gokkyo | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|------------|-------------|--------------------------|------------------------|
| | Ukemi | | High Fall from Technique | Tachiwaza |
| | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyuho | Morotedori | Variations | Tachiwaza |
| | Kokyuho | Katatedori | Moving | Tachiwaza |
| | Ikkyo | Ryokatadori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Yokomenuchi | Omote & Ura | Tachiwaza |

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|-------|--------------------|---|--|------------------------|
| 1 Kyu | Nikkyo | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Nikkyo | Yokomenuchi | Omote & Ura | Tachiwaza |
| | Sankyo | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Ryotedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Yokomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Yonkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Yonkyo | Katatedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Yonkyo | Katadori | Omote & Ura | Tachiwaza |
| | Yonkyo | Yokomenuchi | Omote & Ura | Tachiwaza |
| | Gokkyo | Yokomenuchi | Ura | Tachiwaza & Suwariwaza |
| | Rokkyo | Katatedori | Ura | Tachiwaza |
| | Shihonage | Ryotedori | Omote & Ura | Tachiwaza |
| | Shihonage | Tsuki | Omote & Ura | Tachiwaza |
| | Iriminage | Yokomenuchi plus two other simple attacks | Kihon | Tachiwaza |
| | Koshinage | Two forms of attack | | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon, plus hold on top, and hold underneath | Suwariwaza |
| | Ken Kumitachi | | 1 to 5 (Kihon) | Tachiwaza |
| | 31 Kumijo | | All sections | Tachiwaza |
| | Jo-dori | | 2 techniques | Tachiwaza |
| | Jo-waza | | 3 techniques | Tachiwaza |
| Tanto | Yokomenuchi (stab) | Gokkyo | Tachiwaza | |
| Tanto | Tsuki | Rokkyo | Tachiwaza | |

Proposed Dan Grading Syllabus for Tests from December 2015 onwards

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|--------------|------------------|--|------------------------|
| | Tai no henko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyu Ho | Morotedori | Basic, lifting, pulling down, twisting | Tachiwaza |
| | Ikkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Nikkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Yonkyo | Shomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Gokkyo | Yokomenuchi | Ura | Tachiwaza & Suwariwaza |
| | Rokkyo | Tsuki | Ura | Tachiwaza |
| | Shihonage | 3 Simple Attacks | Omote & Ura | Tachiwaza |

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|--------------|------------|--------------------------------|------------------------------|------------|
| 1 Dan | Iriminage | 3 Simple Attacks | Gedan, Chudan, Godan | Tachiwaza |
| | Kotegaeshi | 3 Simple Attacks | | Tachiwaza |
| | Tenchinage | Ryotedori | | Tachiwaza |
| | Kaitenage | 3 Simple Attacks | | Tachiwaza |
| | Koshinage | 3 Simple Attacks | | Tachiwaza |
| | Kokyunage | 3 Attacks plus 1 ushiro | Kinonagare | Tachiwaza |
| | Ken | Suburi | 1 to 7 | |
| | Ken | Tachi Dori | 3 different techniques | |
| | Jo | Jo Suburi | 1 to 20 | |
| | Jo | 13 Jo Kata | 1 to 13 | |
| | Jo | 31 Jo Kata | 1 to 31 | |
| | Jo | Jo Dori | 3 different techniques | |
| | Tanto | Tanto Dori | Tsuki - two techniques | Tachiwaza |
| | Tanto | Tanto Dori | Yokomenuchi - two techniques | Tachiwaza |
| | Jiyuwaza | 30 seconds 2 attackers | | Tachiwaza |
| | Kokyu Dosa | Grip on backs of hands (basic) | | Suwariwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|--------------|------------------|------------------|--------------------|------------------------|
| | Tai no henko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyu Ho | Ryotedori | Uchi & Soto | Tachiwaza |
| | Ikkyo | Katatedori | Omote & Ura | Hanmi Handachiwaza |
| | Ikkyo | Ryotedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Ikkyo | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| | Nikkyo | Katatedori | Omote & Ura | Hanmi Handachiwaza |
| | Nikkyo | Ryotedori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Nikkyo | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| | Sankyo | Katatedori | Omote & Ura | Hanmi Handachiwaza |
| | Sankyo | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Yokomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Sankyo | Ushiro Ryotedori | Omote & Ura | Tachiwaza |
| | Yonkyo | Katatedori | Omote & Ura | Hanmi Handachiwaza |
| | Yonkyo | Katadori | Omote & Ura | Tachiwaza & Suwariwaza |

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|-------|-----------------------|------------------------------------|---|------------------------|
| 2 Dan | Yonkyo | Yokomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Gokkyo | Shomenuchi | Ura | Tachiwaza & Suwariwaza |
| | Rokkyo | Shomenuchi | Ura | Tachiwaza & Suwariwaza |
| | Shihonage | Katatedori | Omote & Ura | Suwariwaza |
| | Shihonage | Katadori | Omote & Ura | Tachiwaza |
| | Shihonage | Yokomenuchi | Omote & Ura | Tachiwaza & Suwariwaza |
| | Kotegaeshi | Ryotedori | Ura | Tachiwaza |
| | Kotegaeshi | Yokomenuchi | Ura | Tachiwaza |
| | Iriminage | Morotedori | High to low, and low to high | Tachiwaza |
| | Iriminage | Yokomenuchi | Kihon | Tachiwaza & Suwariwaza |
| | Iriminage | Ushiro Ryotedori | Kihon | Tachiwaza |
| | Kaiten-nage | Ryotedori | Uchi & Soto Mawari | Tachiwaza |
| | Koshinage | Morotedori | Head under (x1) and Hip under (x2) | Tachiwaza |
| | Koshinage | Ushiro Ryotedori | 1 technique | Tachiwaza |
| | Koshinage | 2 attacks of the candidates choice | | Tachiwaza |
| | Kokyunage | Morotedori | Head under (x1) and Hip under (x1) | Tachiwaza |
| | Kokyunage | Ryokatadori | 2 techniques | Tachiwaza |
| | Kokyunage | Yokomenuchi | 2 techniques | Tachiwaza |
| | Kokyunage | Ushiro Ryotedori | 2 techniques | Tachiwaza |
| | Kokyudosa | Ryotedori | Kihon, plus hold on top, and hold underneath | Suwariwaza |
| | Ken no Awase | | Migi, Hidari, Go & Shichi | Tachiwaza |
| | Ken Kimusubi no tachi | | | Tachiwaza |
| | Kumitachi | | 1 to 5 (Kihon) | Tachiwaza |
| | Tachidori | | 3 techniques from both Shomenuchi and Yokomenuchi | Tachiwaza |
| | 13 Jo Awase | | | Tachiwaza |
| | Jodori | | 4 different techniques | Tachiwaza |
| | Kumijo | | 1 to 5 | Tachiwaza |
| | Tanto | Tanto Dori | 2 techniques each from Yokomenuchi and Tsuki, plus knife held to chest and knife held to back | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|--------------|---|-----------------------------|--------------------|
| 3 Dan | Tai no henko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyu Ho | Yokomenuchi, Katatedori, Kosadori and Tsuki | | Tachiwaza |
| | Ikkyo | Katadori | Omote & Ura | Hanmi Handachiwaza |
| | Ikkyo | Ryokatadori | Omote & Ura | Tachiwaza |
| | Nikkyo | Katadori | Omote & Ura | Hanmi Handachiwaza |
| | Nikkyo | Ryokatadori | Omote & Ura | Tachiwaza |
| | Sankyo | Katadori | Omote & Ura | Hanmi Handachiwaza |
| | Sankyo | Ryokatadori | Omote & Ura | Tachiwaza |
| | Yonkyo | Katadori | Omote & Ura | Hanmi Handachiwaza |
| | Yonkyo | Ryokatadori | Omote & Ura | Tachiwaza |
| | Shihonage | Katatedori | Omote & Ura | Hanmi Handachiwaza |
| | Shihonage | Ryotedori | Omote & Ura | Hanmi Handachiwaza |
| | Kotegaeshi | Katadori | Ura | Tachiwaza |
| | Kotegaeshi | Ushiro Ryotedori | Ura | Tachiwaza |
| | Iriminage | Katadori | High to Low and Low to High | Tachiwaza |
| | Kaiten-nage | Ushiro Ryotedori | Uchi Mawari | Tachiwaza |

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| Kaiten-nage | Yokomenuchi | Soto Mawari | Tachiwaza |
| Koshinage | Morotedori | Six forms | Tachiwaza |
| Kokyunage | Ninindori | Two techniques | Tachiwaza |
| Kokyunage | Varied | 30 seconds with 3 attackers | Tachiwaza |
| Jiyuwaza | Varied | 30 seconds with 3 attackers | Tachiwaza |
| Kokyudosa | Ryotedori | All variations | Suwariwaza |
| Ken Kumitachi | | 1 and 2, plus henka | Tachiwaza |
| Tachidori | | Six techniques with 2 attackers | Tachiwaza |
| 31 Kumijo | | 1 to 31 | Tachiwaza |
| Kumijo | | 1 to 10 | Tachiwaza |
| Tanto | Various | A range of techniques (at least six) from various attacks | Tachiwaza |

| Grade | Technique | Attack | Detail | Tachiwaza |
|-------|---------------------------------|---|---|--------------------|
| 4 Dan | Tai no henko | Katatedori | Kihon & Kinonagare | Tachiwaza |
| | Kokyu Ho | Yokomenuchi, Katatedori, Kosadori and Tsuki | | Tachiwaza |
| | Henkawaza | Any | 6 Variations from basic technique | Tachiwaza |
| | Kaeshiwaza | | 2 each from Ikkyo, Iriminage and Shihonage | Tachiwaza |
| | Kokyunage | Varied | 30 seconds with 3 attackers | Hanmi Handachiwaza |
| | Jiyuwaza | Varied | 30 seconds with 3 attackers | Tachiwaza |
| | Kokyudosa | Ryotedori | All variations | Suwariwaza |
| | Jowaza | | 30 seconds with 3 attackers | Tachiwaza |
| | Ken Kumitachi | | 1 to 5 with variations | Tachiwaza |
| | Kumijo | | 1 to 10 with variations | Tachiwaza |
| | Tachidori, Jodori and Tantodori | Various | Candidate to demonstrate a wide variety of techniques to show versatility in a number of situations | Candidate's choice |
| | Kentaijo | | 1 to 7 | Tachiwaza |