

Syllabus: Adults & Young Person - Shinza Kyu Grades



8th / Hachi Kyu - Red Belt

At least 20 hours of practice

- Unsoku
- Oshiro ukemi (from standing position)
- Yoko ukemi
- Aigamae katate dori
 1. Shomen ate
 2. Oshi taoshi
 3. Kote gaeshi

7th / Nana Kyu - Red Belt

At least 20 hours of practice after obtaining Hachi Kyu

- Tegatana dosa
- Zempo kaiten ukemi (from kneeling position)
- Gyakugamae katate dori
 1. Aigamae ate
 2. Hiki taoshi
 3. Tenkai kote hineri

6th / Rokku Kyu - Red Belt

At least 20 hours of practice after obtaining Nana Kyu

- Zempo kaiten ukemi (from standing position)
- Oshiro ryote dori
 1. Gyakugamae ate
- Aigamae katate dori
 1. Waki gatame
- Hanza handachi gyakugamae katate dori
 1. Tenkai kote gaeshi

5th / Go Kyu - Yellow Belt

At least 40 hours of practice after obtaining Rokku Kyu

- Kihon Suwari Waza
 1. Oshi taoshi omote
 2. Tentai oshi taoshi ura
- Kihon Waza Ju Nana hon no Kata: Atemi Waza
 1. Shomen ate
 2. Aigamae ate
 3. Gyakugamae ate
 4. Gedan ate
 5. Oshiro ate
- Hontai no Tsukuri
 1. Shomen ate
 2. Aigamae ate
- Tegatana jodan no Tsukuri: Aigamae katate dori
 - o Tsukuri
 - o Tsukuri and Oshi taoshi
- Tegatana jodan no Tsukuri: Gyakugamae katate dori
 - o Tsukuri
 - o Tsukuri and Hiki taoshi

4th / Yon Kyu - Orange Belt

At least 40 hours of practice after obtaining Go Kyu

- Kihon Suwari Waza
 1. Oshi taoshi gyakute dori kote hineri osae
 2. Tentai oshi taoshi gyakute dori kote hineri ude hineri osae
- Kihon Waza Ju Nana hon no Kata: Hiji Waza
 1. Oshi taoshi
 2. Ude Gaeshi
 3. Waki gatame (normal)
 4. Hiki taoshi
 5. Ude hineri
 6. Waki gatame (front, additional technique)
- Hontai no Tsukuri
 1. Gyakugamae ate
 2. Gedan ate
 3. Oshiro ate
- Tegatana gedan no Tsukuri: Aigamae katate dori
 - o Tsukuri
 - o Tsukuri and Tenkai kote gaeshi
- Tegatana gedan no Tsukuri: Gyakugamae katate dori
 - o Tsukuri
 - o Tsukuri and Kote gaeshi

3rd / San Kyu - Green Belt

At least 40 hours of practice after obtaining Yon Kyu.

- Kihon Suwari Waza
 1. Oshi taoshi junte dori kote hineri osae
 2. Tentai oshi taoshi junte dori kote hineri ude hineri osae
- Kihon Waza Ju Nana hon no Kata: Tekubi Waza
 1. Kote hineri
 2. Kote gaeshi
 3. Tenkai kote hineri
 4. Tenkai kote gaeshi
- Nage no Kata: Omote
 - o Jodan (2)
 - o Chudan (2)
 - o Gedan (2)
 - o Oshiro ryote (1)
- Hontai no Tsukuri
 1. Shomen ate
 2. Aigamae ate
 3. Gyakugamae ate
 4. Gedan ate
 5. Oshiro ate
- Nigiri Gaeshi Jodan no Tsukuri: Aigamae katate dori
 - o Junte dori
 - o Junte dori and Oshi taoshi
 - o Gyakute dori
 - o Gyakute dori and Oshi taoshi
- Nigiri Gaeshi Jodan no Tsukuri: Gyakugamae katate dori
 - o Junte dori
 - o Junte dori and Hiki taoshi
 - o Gyakute dori
 - o Gyakute dori and Hiki taoshi

2nd / Ni Kyu - Blue Belt

At least 60 hours of practice after obtaining San Kyu.

- Kihon Suwari Waza
 1. Oshi taoshi tekubi osae
 2. Tentai oshi taoshi tekubi osae
- Kihon Waza Ju Nana hon no Kata: Uki Waza
 1. Mae otoshi
 2. Sumi otoshi
 3. Hiki otoshi
- Nage no Kata: Ura
 - o Jodan (2)
 - o Chudan (2)
 - o Gedan (2)
 - o Oshiro ryote (1)
- Shoki no Tsukuri
 1. Shomen ate
 2. Aigamae ate
- Nigiri Gaeshi Gedan no Tsukuri: Aigamae katate dori
 - o Junte dori
 - o Junte dori and Shi ho nage
 - o Gyakute dori
 - o Gyakute dori and Kote gaeshi
- Nigiri Gaeshi Gedan no Tsukuri: Gyakugamae katate dori
 - o Junte dori
 - o Junte dori and Shi ho nage
 - o Gyakute dori
 - o Gyakute dori and Kote gaeshi

1st / I Kyu - Brown Belt

At least 60 hours of practice after obtaining Ni Kyu.

- Kihon Waza Ju Nana hon no Kata
 - o Atemi Waza (5)
 - o Hiji Waza (5)
 - o Tekubi Waza (4)
 - o Uki Waza (3)
- Ju Nana hon no Kata Ura Waza: Atemi Waza
 1. Shomen ate - Waki gatame
 2. Aigamae ate - Oshi taoshi
 3. Gyakugamae ate - Gedan ate
 4. Gedan ate - Shomen ate
 5. Oshiro ate - Tenkai kote hineri
- Ju Nana hon no Kata Ura Waza: Kansetsu Waza
 - o Oshi taoshi - Oshi taoshi
 - o Hiki taoshi - Tenkai kote hineri
 - o Kote gaeshi - Kote gaeshi
 - o Tenkai kote hineri - Waki gatame
 - o Tenkai kote gaeshi - Shiho nage
- Shoki no Tsukuri
 1. Gyakugamae ate
 2. Gedan ate
 3. Oshiro ate
- Hiji Mochi no Tsukuri
 - o Jodan junte dori
 - o Jodan gyakute dori
 - o Gedan junte dori
 - o Gedan gyakute dori
- Tanto Taisabaki
- Tanto Taisabaki with Tegatana

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1st / Sho Dan - Black Belt

At least 100 hours of practice after obtaining I Kyu

1. Koryu Goshin no Kata
 - 1 Suwari Waza (4)
 - 2 Hanza Handachi Waza (4)
 - 3 Tachi Waza (8)
2. Randori Kihon Waza Ju Nana hon no Kata
 - 1 Atemi Waza (5)
 - 2 Hiji Waza (5)
 - 3 Tekubi Waza (4)
 - 4 Uki Waza (3)
3. Tanto Kaeshi Waza (10 Techniques)
 1. Oshi Taoshi/Ushiro Ate
 2. Hiki Taoshi/Shomen Ate
 3. Waki Gatamae/Gyakugamae Ate
 4. Kote Gaeshi/Ushiro Ate
 5. Kote Gaeshi/Gedan Ate
 6. Tenkai Kote Hineri/Ushiro Ate
 7. Tenkai Kote Gaeshi/Gyakugamae Ate
 8. Tenkai Kote Gaeshi/Gyakugamae Ate
 9. Mae Otoshi/Gedan Ate
 10. Sumi Otoshi/Shomen Ate
4. Kakari Geiko: 1 time 2 minutes.
5. Hikitate Geiko: 1 time 2 minutes.
(Tori and Uke for young men; Tori only for women and older men)
6. Theoretical questions

2nd / Ni Dan - Black Belt

At least 200 days of practice after obtaining Sho Dan

- Koryu Goshin no Kata
 - o Suwari Waza (4)
 - o Hanza Handachi Waza (4)
 - o Tachi Waza (8)
 - o Tanto Dori (8)
- Randori Kihon Waza Ju Nana hon no Kata
 - o Atemi Waza (5)
 - o Hiji Waza (5)
 - o Tekubi Waza (4)
 - o Uki Waza (3)
- Randori: 3 times 2 minutes Uke and Tori (young men)
- Koryu Nage no Kata (women & older men)
 - o Omote (7)
 - o Ura (7)
- Theoretical questions

3rd / San Dan - Black Belt

At least 250 days of practice after obtaining Ni Dan.

- Koryu Goshin no Kata
 - o Suwari Waza (4)
 - o Hanza Handachi Waza (4)
 - o Tachi Waza (8)
 - o Tanto Dori (8)
 - o Tachi Dori (5)
 - o Yari Dori (5)
 - o Yari (8)
 - o Kumi Tachi (8)
- Randori Kihon Waza Ju Nana hon no Kata: 17 techniques
- Randori: 4 times 2 minutes Uke and Tori (young men)
- Koryu Nage no Kata (women & older men)
 - o Omote (7)
 - o Ura (7)
 - o Oyo (11)
- Theoretical questions

4th / Yo Dan - Black Belt

At least 4 years of practice after obtaining San Dan.

- Tegatana no Kuzushi kara no Waza
 - o Jodan no Kuzushi
 1. Aigamae - Oshiro ate
 2. Gyakugamae - Oshiro ate
 - o Chudan no Kuzushi
 3. Aigamae - Oshi taoshi
 4. Gyakugamae - Hiki taoshi
 - o Gedan no Kuzushi
 5. Aigamae - Kote gaeshi
 6. Gyakugamae - Kote gaeshi
 - o Koho no Kuzushi
 7. Ryote - Oshi taoshi
 8. Ryote - Oshiro ate
- Goshin ho (Tekubi dori)
 - o Aigamae katate dori
 1. Shomen ate
 2. Gedan ate
 - o Gyakugamae katate dori
 1. Shomen ate
 2. Aigamae ate
 3. Gyakugamae ate
- Goshin ho (Datotsushu)
 - o Shomen uchi
 1. Aigamae ate
 2. Oshi taoshi
 - o Yokomen uchi
 1. Aigamae ate
 2. Tenkai kote gaeshi
 - o Shomen tsuki
 1. Kote gaeshi
 - o Mae geri
 1. Shomen ate

5th / Go Dan - Black Belt

At least 5 years of practice after obtaining Yo Dan

- Goshin ho (Tekubi dori)
 - o Aigamae katate dori
 1. Oshi taoshi
 2. Hiki taoshi
 3. Kote hineri
 4. Kote gaeshi
 5. Tenkai Kote hineri
 - o Gyakugamae katate dori
 6. Hiki taoshi
 7. Gyakute dori kote hineri
 8. Waki gatame
 9. Tenkai kote gaeshi
 10. Sumi otoshi
 - o Katate ryote dori
 11. Tentai oshi taoshi
 12. Kote gaeshi
 - o Zempo ryote dori
 13. Aigamae ate (Tenchi nage)
 14. Aigamae ate (Tenchi nage ura)
 - o Oshiro ryote dori
 15. Tenkai ude hineri nage
 16. Kote gaeshi
 17. Tenkai kote gaeshi
 18. Tenkai gyakute dori kote hineri

6th / Rokku Dan - Black Belt

At least 7 years of practice after obtaining Go Dan.

- Goshin ho (Dogi dori)
 - o Mae eri dori
 1. Gyakute dori kote hineri osae
 - o Aigamae nakasode dori
 2. Kote gaeshi
 - o Gyakugamae nakasode dori
 3. Waki gatame
 4. Gyakute dori kote hineri osae
 - o Ryusode dori
 5. Gedan ate
 - o Juji jime
 6. Tenkai kote hineri

- o Oku eri dori
 7. Gyakute dori kote hineri osae
 8. Kote gaeshi
- o Kakae dori
 9. Tenkai kote hineri
 10. Gyakute dori kote hineri osae
- Goshin ho (2 methods of Kuzushi)
 - o Datsu ryoku - Aigamae katate dori
 11. Aigamae ate
 - o Datsu ryoku - Katate ryote dori
 12. Tenkai kote gaeshi
 - o Tegatana - Gyakugamae katate dori
 13. Oshiro ate
 14. Kote gaeshi (Aigamae gyakute dori)
 15. Tenkai kote gaeshi
 - o Tegatana - Zempo ryote dori
 16. Hiji kime taoshi
 17. Gyakute dori kote hineri osae
 18. Tenkai kote gaeshi
- Goshin ho (3 methods of Kuzushi)
 - o Datsu ryoku - Aigamae katate dori
 1. Aigamae ate
 - o Datsu ryoku - Katate ryote dori
 2. Tenkai kote gaeshi
 - o Tegatana - Gyakugamae katate dori
 3. Oshiro ate
 4. Kote gaeshi (Aigamae gyakute dori)
 5. Tenkai kote gaeshi
 - o Tegatana - Zempo ryote dori
 6. Hiji kime taoshi
 7. Gyakute dori kote hineri osae
 8. Tenkai kote gaeshi
 - o Kaiten - Aigamae katate dori
 9. Aigamae ate (from jodan no kuzushi)
 - o Kaiten - Ryu sode dori
 10. Ude hineri ude gaeshi (from chudan and gedan no kuzushi)

7th / Nana Dan - Black Belt

At least 8 years of practice after obtaining Rokyū Dan.