

Kyu Grading Guideline

< 10th Kyu >

(Kihon) In place basics in SHIZEN TAI

1. CHUDAN CHOKUZUKI
 2. JODAN AGEUKE
 3. CHUDAN SOTOUKE
 4. GEDAN BARAI
 5. MAEGERI (HEISOKU DACHI, GEDAN KAKIWAKE)
- * “GOREI” command (From right side in turn for each Waza)

< 9th Kyu >

(KIHON) In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUDAN JUNZUKI
 2. JODAN AGEUKE
 3. CHUDAN SOTOUKE,
 4. MAEGERI (ZENKUTSUDACHI, GEDAN KAKIWAKE)
- * “GOREI” command (From right side two action in turn for each WAZA)

< 8th Kyu >

(KIHON) IDOU KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE (step in)
3. CHUDAN SOTOUKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in HEISOKU DACHI, right and left 2 times each)

(KATA) TAIKYOKU SHOUDAN

(KUMITE) GOHON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI)

< 7th Kyu >

(KIHON) IDOU KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE (step back)
3. CHUDAN SOTOUKE (step in)
4. CHUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, stepping in, right and left)

(KATA) HEIAN SHOUDAN

(KUMITE) GOHON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI)

< 6th Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE (step back)
3. CHUDAN SOTOUKE (step in)
4. CHUDAN UCHIUKE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN NIDAN

(KUMITE) KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left)

< 5th Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUDAN UCHIUKE, CHUDAN GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN SANDAN

(KUMITE) KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left, CHUDAN MAEGERI – right and left, GEDAN KAKIWAKE – right and left)

< 4th Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN YONDAN

(KUMITE) KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left, CHUDAN MAEGERI GEDAN KAKIWAKE – right and left, CHUDAN YOKOGERI KEKOMI – right and left)

< 3rd Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUDAN SOTOUKE, GYAKUZUKI (step in)
4. CHUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEREGI (GEDAN KAKIWAKE) (step in)
7. REN GERI (GEDAN KAKIWAKE CHUDAN, JODAN) (step in)
8. MAWASHIGERI
9. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
10. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN GODAN

(KUMITE) KIHON IPPON KUMITE

(JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left, CHUDAN MAEGERI GEDAN KAKIWAKE – right and left, CHUDAN YOKOGERI KEKOMI – right and left)

< 2nd Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUDAN SOTOUKE in ZENKUTSU DACHI, changing stance to KIBA DACHI, YOKO ENPI, YOKO URAKEN UCHI (step in)
4. CHUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. REN GERI (GEDAN KAKIWAKE, CHUDAN, JODAN) (step in)
8. MAWASHI GERI (step in)
9. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
10. YOKOGERI KEKOMI (in ZENKUTSUDATI) (step in)

(KATA) TEKKEI SHODAN

(KUMITE) JIYUU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAEGERI, CHUDAN YOKOGERI KEKOMI right)

< 1st Kyu >

(KIHON) IDO KIHON Moving basics

1. CHUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JODAN AGEUKE, GYAKU ZUKI (step back)
4. CHUDAN SOTOUKE, YOKO ENPI, YOKO URAKEN UCHI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
5. CHUDAN UCHIUKE, GYAKU ZUKI (step back)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. RENGARI (GEDAN KAKIWAKE CHUDAN, JODAN) (step in)
9. MAWASHIGERI (step in)
10. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
11. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)

(KATA) BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

(KUMITE) JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAEGERI, CHUDAN YOKOGERI KEKOMI, JODAN MAWASHIGERI) right

* Inform your choice of JODAN or CHUDAN for MAWASHIGERI