

# Grading Syllabus

## Nidan

Students must have held 1st Dan for 2 years

### KIHON & RENRAKU

1. **Oizuki-Renzuki** (Jodan – Chudan – Chudan)
2. **Gyakazuki-Renzuki** (Jodan – Chudan – Gedan)
3. **Age-uke - Gyakazuki**
4. **Shuto-uke – Nukite – Uraken - Gyakazuki**
5. **Soto-uke – Empi – Uraken - Gyakazuki**
6. **Mae-geri - Rengeri**
7. **Sokoto** – 3 areas – same leg
8. **Mae-geri – Mawash** – same leg
9. **Ura Mawash**
10. **Mae-geri Sokoto** – same leg

SANBONS – A selection from the list below:

**Jodan-Ukes 1-8**

**Mae-geri Ukes 1-6**

**Kette Sanbons 1-3**

**Chudan 1-2**

### IPPON GUMITE

A demonstration of Locks and Holds

### KATA

**A selection of 10 Advance Kata from a prepared list**

### PRACTICAL ASSESSMENT OF WUKO RULES AND REFEREEING

### DEMONSTRATION OF TAMISHIN WARI AND BAG WORK

### KUMITE

Two by two minute rounds – separate opponents