



# HACHI KYU TO SHODAN GRADING SYLLABUS

**HACHIKYU**  
**Red Belt Grading Requirements**

**UKEMI WAZA** ~ Break falls

**REIGI SAHO** ~ Etiquette

**KAMAE** ~ Postures :

*Musubi Dachi* ~ informal attention stance

*Yoi Dachi* ~ ready stance

*Heisoku Dachi* ~ formal attention stance

*Seigan Tatsu Dachi* ~ threatening dragon stance

*Zenkutsu Dachi* ~ forward stance

*Kokutsu Dachi* ~ back stance

*Neko Ashi Dachi* ~ cats foot stance

*Sanchin Dachi* ~ tension (hourglass) stance

*Fudo Dachi* ~ immovable stance

*Kiba Dachi* ~ horse riding stance

**UKEWAZA** ~ Blocking Techniques:

*Jodan Nagashi Uke* ~ high deflective block

*Jodan Age Uke* ~ high rising block

*Soto Uke* ~ outside block

*Uchi Uke* ~ inside block

*Gedan Barai* ~ low sweeping block

**TSUKI UCHI WAZA** ~ Punching & Striking Techniques:

*Maeken* ~ leading vertical snap punch

*Tate Kizami Zuki* ~ reverse vertical snap punch

*Nukite* ~ spear hand

*Tettsui* ~ iron hammer fist

*Shuto* ~ knife hand

*Age Zuki* ~ rising punch

*Kage Zuki* ~ hook punch

*Seiken Choku Zuki* ~ alternate straight fore fist punch

*Empi Uchi* ~ elbow strike

**KAESHI WAZA** ~ Countering Techniques:

*Sode Dori* ~ sleeve grab

*Eri Dori* ~ lapel grab

*Katate Dori* ~ wrist grab

*Atama Dori* ~ head /hair grab

**KUMI WAZA** ~ Fighting Techniques:

*Osoto Gari Juji Gatame* ~ major outer reaping throw cross over arm lock

*Osoto Gari Hiza Wan Kansetsu* ~ major outer reaping throw knee straight arm lock

*Ogoshi Ude Garami* ~ major hip throw figure four arm lock

*Koshi Garuma Juji Gatame* ~ hip wheel cross over arm lock

**KATA** ~ Forms:

*Shiho Gata*

**SHICHIKYU**  
**Yellow Belt Grading Requirements**

**KAMAE ~ Postures :**

*Tsuru Ashi Dachi ~ crane stance*

*Bensoku Dachi ~ cross legged stance*

*Kuma Dachi ~ bear posture*

**UKEWAZA ~ Blocking Techniques**

*Kake Uke ~ hooking or grasping block*

*Osae Uke ~ pressing block*

*Juji Uke ~ cross block*

*Kakewake Uke ~ wedge block*

**TSUKI UCHI WAZA ~ Punching & Striking Techniques**

*Uraken Uchi ~ back fist strike*

*Ura Zuki ~ close punch*

*Teisho ~ palm heel strike*

*Awase Zuki ~ combined punch*

**KERIWAZA ~ Kicking & Leg Strikes**

*Mae Geri Keage ~ front snap kick*

*Maeashi Geri ~ leading snap kick*

*Yoko Geri Keage ~ side snap kick*

*Mawashi Sune Ate ~ roundhouse shin strike*

*Ushiro Geri ~ back kick*

**KANSETSU WAZA ~ Locking Techniques**

*Ude Gatame/Wan Kansetsu ~ straight arm lock*

*Gyaku Ude Gatame/Wan Kansetsu ~ reverse straight arm lock*

*Ude Garami ~ arm entanglement*

*Ko Kansetsu ~ minor arm lock*

*Waki Gatame ~ shoulder lock*

*Ushiro Ude Garami ~ back hammer lock*

**KAESHI WAZA ~ Countering Techniques:**

*Omote Jime ~ front strangle*

*Ura Jime ~ rear strangle*

**KUMI WAZA ~ Fighting Techniques:**

*Ippon Seoinage Juji Ude Garami ~ 1 point shoulder throw cross over entanglement*

*Morote Seoinage Wan Kansetsu ~ double handed shoulder throw straight arm lock*

*Kata Garuma Gedan Zuki ~ shoulder wheel low punch*

**KATA ~ Forms**

*Shiho Gata & Bunkai*

**ROKKYU**  
**Orange Belt Grading Requirements**

**KERI WAZA ~ Kicking & Leg Strikes**

*Ushiro Mawashi Geri ~ reversed roundhouse kick*

*Ura Mawashi Geri ~ hooking roundhouse kick*

*Tobi Mae Geri ~ jumping front kick*

**KUMI WAZA ~ Fighting Techniques**

*Osoto Gari Wan Kansetsu ~ major outer reap straight arm lock*

*Koshi Garuma Ude Garami ~ hip wheel figure 4 entanglement*

*Koshi Garuma Jigoku Jime ~ hip wheel hell strangle*

*Ipponte Koshi Garuma Wan Kansetsu ~ 1 handed hip wheel straight arm lock*

*Ogoshi Jigoku Jime Wan Kansetsu ~ major hip hell strangle straight arm lock*

*Osoto Gari Juji Gatame ~ major outer reap cross over arm lock*

*Tai Otoshi Morote Gatame ~ body drop double arm lock*

**TSUBO DORI ~ Club Taking**

*Ude Garami ~ figure 4 entanglement*

*Wan Kansetsu Osoto Gari ~ straight arm lock major outer reap*

*Gyaku Wan Kansetsu Koshi Nage ~ reverse straight arm lock hip throw*

**ASHI NAGE ~ Leg Throws**

*Kosoto Gari ~ minor outer reap*

*Ouchi Gari ~ major inner reap*

*Hiza Sutemi Nage ~ sacrificial knee throw*

*Gyaku Ashi Nage ~ reverse leg throw*

**TANTO DORI ~ Knife Taking**

*Ikkyo ~ 1st control*

*Gyaku Wan Kansetsu ~ reverse arm lock*

*Waki Gatame ~ shoulder pin*

*Kote Gaeshi ~ outer wrist throw*

**SHIME NEWAZA GAESHI ~ Ground Strangle Counters**

*Juji Gatame ~ cross over arm lock*

*Wan Kansetsu ~ straight arm lock*

*Koshi Gatame ~ hip lock*

**KATA ~ Forms**

*Pinan Shodan*

**GOKYU**  
**Green Belt Grading Requirements**

**NAGEWAZA ~ Throwing Techniques**

*Harai Goshi ~ sweeping loin throw*

*Tsuri Goshi ~ lifting hip throw*

*Uki Goshi ~ floating hip throw*

*Tsunami Nage ~ tidal wave throw*

*Yama Arashi Nage ~ mountain storm throw*

**KUMI WAZA ~ Fighting Techniques**

*Koshi Garuma Kesa Gatame ~ hip wheel scarf hold*

*Ogoshi Hiza Wan Kansetsu ~ major hip throw knee straight arm lock*

*Harai Goshi Wan Kansetsu ~ sweeping loin straight arm lock*

*Ippon Seoinage Juji Gatame ~ 1 point shoulder throw cross over arm lock*

*Morote Seoi Otoshi Kata Gatame ~ two handed shoulder drop & shoulder lock*

*Ippon Seoinage Hiza Otoshi ~ drop knee 1 point shoulder throw*

*Te Garuma ~ hand wheel*

*Kanibasami ~ crab scissors*

*Ouchi Gari Fumikomi Geri ~ major inner reap stamp kick*

*De Ashi Barai Kiba Geri ~ advanced foot sweep horse kick*

**KAESHI WAZA ~ Countering Techniques**

*Half Nelson x 2*

*Full Nelson x 2*

*Bear Hugs x 2 ~ Omote & Ura (front & back)*

**MORO UDE GATAME OSAEKOMI ~ Double Arm Hold Downs**

*Ude Garami Ashi Ude Garami ~ fig 4 & leg assisted fig 4 entanglement*

*Ude Garami Ashi Ude Gatame ~ fig 4 & leg assisted straight arm pin*

*Moro Ushiro Ude Gatame ~ double back hammer lock*

**SHIMEWAZA ~ Neck Constrictions**

*Shime No Kata ~ Kata (form) of strangles & techniques*

**SUWARI WAZA ~ Seated Techniques**

*Ikkyo ~ 1st control*

*Wan Kansetsu ~ straight arm lock*

*Nikkyo ~ 2nd control*

*Sankyo Waki Gatame ~ 3rd control shoulder lock*

**KATA ~ Forms**

*Pinan Shodan & Bunkai*

**WRITTEN TEST**

**YONKYU**  
**Purple Belt Grading Requirements**

**KANSETSU WAZA ~ Locking Techniques**

*Ippon Ude Garami ~ 1 point figure 4 entanglement*

*Nikkyo ~ 2nd control*

*Sankyo ~ 3rd control*

*Juji Gote ~ crossover wrist lock*

*Morote Ude Gatame/Wan Kansetsu ~ double straight arm lock*

*Kote Ko Kansetsu ~ wrist & forearm lock*

**KUMI WAZA ~ Fighting Techniques**

*Tsuri Komi Goshi Ude Garami ~ lift & pull throw figure 4 entanglement*

*Tsuri Komi Goshi Kata Gatame ~ lift & pull throw shoulder hold down*

*Sode Tsuri Komi Goshi Gedan Zuki ~ sleeve lift & pull throw low punch*

*Soto Makikomi Morote Kata Gatame ~ outer winding throw double shoulder lock*

*Kata Gatame Osoto Garuma ~ shoulder lock major outer wheel throw*

*Gyaku Hasami Okuri Eri Jime ~ reverse scissors sliding collar choke*

*Mawatte Sutemi Ashi Barai ~ sacrificial turn leg sweep*

**KAESHI WAZA ~ Countering Techniques**

*Ude Garami ~ figure 4 entanglement*

*Wan Kansetsu ~ straight arm lock*

*Gyaku Wan Kansetsu ~ reverse straight arm lock*

*Kote Ko Kansetsu ~ wrist & forearm lock*

*Ippon Ude Garami*

**OSAEKOMI WAZA ~ Holding Techniques**

*Kesa Gatame ~ scarf hold*

*Makura Kesa Gatame ~ pillow hold*

*Yoko Shiho Gatame ~ side 4 quarters hold*

*Kami Shiho Gatame ~ upper 4 quarters hold*

*Tate Shiho Gatame ~ vertical upper 4 quarters hold*

**NAWA SHIME KAESHI ~ Defence Against Garrotting**

*Omote ~ front*

*Ura ~ rear*

*Yoko ~ side*

*Waki Gatame ~ shoulder pin*

*Kote Gaeshi ~ outer wrist throw*

**KERI KAESHI ~ Counters to Kicks**

*Mae Geri Keage ~ front snap kick*

*Maeashi Geri ~ leading leg kick*

*Mawashi Sune Ate ~ roundhouse shin strike*

*Ushiro Geri ~ spinning back kick*

*Yoko Geri ~ side kick*

**Defend against kicks whilst on the ground.**

*Mae Geri ~ front kick*

*Maeashi Geri ~ leading leg kick*

*Fumikomi Geri ~ stamping kick*

**Defend against being throw after executing an unsuccessful kick.**

**Kata**

*Saifa*

**SANKYU**  
**Blue Belt Grading Requirements**

**KUMI WAZA ~ Fighting Techniques**

*Ogoshi Morote Waki Gatame ~ major hip throw double shoulder pin*  
*Ippon Seoinage Hiza Atama Hishigi Ude Gatame ~ 1 point shoulder throw knee assisted head & arm lock*  
*Morote Wan Kansetsu Nibai Seoinage ~ double arm lock double arm throw*  
*Suki Awase Mawatte Morote Seoinage ~ outside combined spinning shoulder throw*  
*Harai Goshi Jigoku Jime (Ne Waza) ~ sweeping loin supline hell strangle*  
*Uchi Mata ~ inner thigh throw*  
*Hiza Garuma ~ knee wheel*

**HIZA OTOSHI WAZA ~ Drop Knee Techniques**

*Koshi Garuma ~ hip wheel*  
*Ippon Ude Garami ~ 1 point figure 4 arm throw*  
*Morote Seoinage ~ double shoulder*  
*Hiki Taioshi ~ pull down drop*  
*Kata Garuma ~ shoulder wheel*

**KAESHI WAZA ~ Countering Techniques**

*Osoto Gari ~ major outer reap*  
*Tsuri Komi Goshi ~ lift & pull*  
*Koshi Garuma ~ hip wheel*  
*Morote Seoinage ~ double shoulder throw*  
*Ippon Seoinage ~ 1 point shoulder throw*  
*Hadaka Jime ~ naked strangles (front & back)*  
*Ryote Dori ~ both wrists held (front & back)*  
*Ushiro Ude Garami ~ back hammer lock*

**SUTEMI WAZA ~ Sacrifice Techniques**

*Yoko Garuma ~ side wheel*  
*Hane Makikomi ~ spring winding throw*  
*Daki Wakari (Gaeshi) ~ hug separation*  
*No Waki ~ field fall*  
*Sumi Gaeshi ~ corner throw*  
*Tani Otoshi ~ valley drop*  
*Saka Otoshi ~ headlong drop*  
*Tomoenage ~ stomach wheel*

**KIHON RENRAKU ~ Basic Combination Techniques**

*Gedan Barai Oizuki Gedan Barai Oizuki*  
*Gedan Barai Mae Geri Keage Jun Zuki Gyaku Zuki*  
*Gedan Barai Kake Uke Ura Zuki Kake Uke Ura Zuki*  
*Gedan Barai Ryosoto Uke Choku Zuki Kake Uke Kansetsu Geri*

**KATA ~ Form**

*Saiifa & Bunkai*

**NIKKYU**  
**Brown Belt Grading Requirements**

**KUMI WAZA ~ Fighting Techniques**

*Orunage ~ folding throw*

*Sukui Nage ~ scooping throw*

*Mizu Garuma ~ water wheel throw*

*Hane Goshi Mune Gatame ~ spring hip throw chest hold down*

*Ogaruma ~ major wheel throw*

*Shihonage Ko Kata Kansetsu ~ 4 directions throw minor shoulder lock*

*Utsuri Goshi ~ changing hip throw*

**ATAMA MAWATTE WAZA ~ Head Turning Techniques**

*Minimum of 4 different techniques*

**KAESHI WAZA ~ Countering Techniques**

*Mawashi Geri Kage Zuki~ roundhouse kick hook punch (x5)*

*Tate Maeken Mae Geri~ vertical leading snap punch front snap kick (x5)*

*Eri Dori Tsukikomi~ lapel grab knife held at stomach*

*Eri Dori Kirikomi~ lapel grab knife held at throat or head*

*Ushiro Tsukikomi~ knife held at back*

*Hasami Zuki Ue Zuki ~ double punch & uppercut combination (x3)*

*Hand Shakes ~ minimum of 5 different*

**KUSARI DORI ~ Chain Defences**

*Sokumen Furi Uchi ~ side of head swing*

*Gyaku Sokumen Furi Uchi ~ reverse side of head swing*

**SHIAI ~ Competition**

*Osaekomi ~ 20 second hold down*

**SUTEMI WAZA ~ Sacrifice Techniques**

*Yoko Wakare ~ side separation*

*Uranage ~ rear throw*

*Nidan Kouchi Gake~ advanced minor inner hook*

*YokoTomoenage ~ side stomach wheel*

**JO JUTSU KIHON ~ 4ft Staff Techniques**

*Choku Tsuki*

*Gyaku Tsuki*

*Tsuki Gaeshi*

*Shomen Uchi*

*Yokomen Uchi*

*Furi Uchi*

*Gedan Gaeshi*

**KATA ~ Form**

*Seishan*



## IKKYU

### Brown & White Belt Grading Requirements

#### **NAGE NO KATA ~ Form of Throws**

Koshi Garuma  
Ippon Seoinage  
Kata Garuma  
Ogoshi  
Harai Goshi  
Tsuru Komi Goshi  
Uchimata  
Ashi Barai  
Kosoto Gari  
Tomoenage  
Yoko Garuma  
Sumi Gaeshi

#### **KATAME NO KATA ~ Form of Grappling & Holding (Osaekomi~ Holding)**

Kesa Gatame  
Kata Gatame  
Yoko Shiho Gatame  
Makura Kesa Gatame  
Kami Shiho Gatame

#### **(Shime Waza ~ Strangulations)**

Omote Hadaka Jime  
Nami Juji Jime  
Gyaku Juji Jime  
Kata Juji Jime  
Ura Hadaka Jime  
Atama Gatame Jime  
Okuri Eri Jime  
Kata Ha Jime

#### **(Kansetsu Waza ~ Locking Techniques)**

Juji Gatame  
Juji Ude Garami  
Juji Wan Kansetsu  
Juji Ko Kansetsu

#### **KIME NO KATA ~ Self Defence Form**

#### **(Suwari Waza ~ Seated Techniques)**

Ryote Dori  
Tsukikake  
Tsuki age  
Yoko Uchi  
Ushiro Dori  
Tsukikomi  
Kirikomi

**KIME NO KATA ~ Self Defence Form (continued)**

**(Tachi Waza ~ Standing Techniques)**

Ryote Dori

Sode Dori

Tsukikake

Tsukiage

Tsuriage

Yoko Uchi

Keage

Ushiro Dori

Tsukikomi

Kirikomi

Nuki Kake

Kiri Oroshi

**KUMI JO ~ 4ft Staff Sparring**

Suburi 1 ~ 5

**JO KATA**

Sanjuichi no jo

**KENJUTSU ~ Sword Skill**

Torei ~ sword bow

**KENJUTSU GAMAE ~ Sword Postures**

Chudan

Seigan

Jodan

Gedan

Hasso

Waki

Ichimonji

Dai Jodan

Ryusui

**Nage Waza ~ Throwing Techniques**

10 Named Throws (all different)

**KATA**

Seishan & Bunkai

Passai

**SHODAN**  
**Black Belt Grading Requirements**

**All of 8th Kyu & 7th Kyu Grading syllabus**

**All of 1st Kyu Grading syllabus**

**KUMI WAZA ~ Fighting Techniques**

Morote Seoinage x 3

Ippon Ude Garami x 3

Osoto Garuma Kata Gatame

Ippon Seoinage Jigoku Jime Wan Kansetsu

Kata Ashi Tori

Morote Kata Ashi Tori

Sukui Ashi Nage

Morote Sukui Ashi Nage

Shihonage x 3

Irimi Nage

Kote Gaeshi

Nibai Seoinage

Hadaka Jime Nage

Tawara Gaeshi x 4

Kanibasami

**KANSETSU WAZA ~ Locking techniques**

Ko Kansetsu

Wan Kansetsu

Hiji Jime

Gyaku Wan Kansetsu

Morote Wan Kansetsu

Waki Gatame

Morote Gyaku Wan Kansetsu Juji Garami

Ushiro Ude Garami

Ippon Ude Garami

Nikkyo

**SUKI AWASE~ Open Blending Techniques**

Okuri Eri Jime Morote Seoinage

Okuri Eri Jime Mawatte Morote Seoinage

Mawatte Seoinage

Mawatte Koshi Garuma

Mawatte Osoto Aroma

**KAESHI WAZA ~ Counter Techniques**

Osoto Gari

Ippon Seoinage

Morote Seoinage

Kata Garuma

Harai Goshi

Shihonage

Koshi Garuma

Ogoshi

Ouchi Gari

Waki Gatame

Ushiro Ude Garami

**KAESHI WAZA ~ Counter Techniques**

Ippon Ude Garami

Mae Geri

Maeashi Geri

Yoko Geri

Ushiro Geri

Mawashi Sune Ate

**TANTO DORI ~ Knife Taking Methods**

Minimum of 5 different methods

**KATA~ Forms**

Passai & Bunkai

Sepai

**NAGEWAZA~ Throwing Techniques**

25 named different throws

**WRITTEN TEST**

Each applicant must submit a 500 word essay on the meaning of Daishin Ryu Kempo, it's major principles & concepts. The students own feelings and understanding of the system. This must be submitted no later than **2 wks Prior to the technical grading.**