

10th Kyu Basics

Ukemi	<p>Backward Ukemi: Fall smoothly backward at your own pace and return to your feet as part of the motion</p> <p>Forward Ukemi: Roll from hanmi or from one knee down. Return to standing when done.</p>
Shikko	<p>Basic: Forward shikko.</p>
Etiquette	<ul style="list-style-type: none"> • Take your shoes off before entering dojo • Proper use of standing bow when coming on and off mat, kneeling bow at start and end of class • Appropriate use of “onegaishimas” and “domo arigato gozaimasu” • Basic vocabulary related to the 10th kyu techniques, first Vocab Sheet, and count to ten.

10th Kyu Techniques

Attack	Stance	Technique	Variation
Katate Dori	Gyaku Hanmi	Kokyu Nage	Jodan Omote
Katate Dori	Gyaku Hanmi	Kokyu Nage	Jodan Ura
Katate Dori	Gyaku Hanmi	Kokyu Nage	Uchi Kaiten
Katate Dori	Gyaku Hanmi	Sumiotoshi	
Katate Dori	Gyaku Hanmi	Tai no Henko	

9th Kyu Basics

Ukemi	<p>Backward Ukemi: Learn to roll over either shoulder without engaging your head</p> <p>Forward Ukemi: Roll Forward from hanmi, return to hanmi. Basic breakfall landing position, switching side to side.</p>
Shikko	<p>Movement: forward and backward shikko</p> <p>Ukemi: Forward and backward rolls mixed into shikko</p>
Etiquette	<ul style="list-style-type: none"> • Know how to tie belt and adjust gi • Line up without talking • Remembering: Shikko behind others when lined up • Vocab Sheet 2

9th Kyu Techniques

Attack	Stance	Technique	Variation
Katate Dori	Ai Hanmi	Ikkyo	Omote and Ura
Kateate Dori	Gyaku Hanmi	Kokyu Ho	Gedan
Katate Dori	Ai Hanmi	Irimi Nage	Gedan
Ryote Dori	Suwari Waza	Kokyu Ho/Kokyu Dosa	

8th Kyu Basics

Ukemi	<p>Backward Ukemi: Be able to arch back up on toes and turn that into a back fall (Kokyu ho ukemi).</p> <p>Forward Ukemi: Be able to rewind a forward roll into a symmetrical backward roll; Backward<->forward roll in either direction.</p> <p>Other Ukemi: Ikkyo (side) ukemi</p>
Shikko	<p>Movement: forward and backward shikko</p> <p>Ukemi: Forward and backward rolls mixed into shikko</p>
Etiquette	<ul style="list-style-type: none"> • Belt stays tied during practice without having to take a belt tying break • Folding gi and carrying it in a bag • Vocab Sheet 3

8th Kyu Techniques

Attack	Stance	Technique	Variation
Tsuki	(Gyaku Hanmi)	Kokyu Ho	
Shomen Uchi	(Ai Hanmi)	Irimi Nage	
Ryote Dori	Gyaku Hanmi	Tenshi Nage	
Katate Dori	Gyaku Hanmi	Tai No Henko	Jodan, Chudan, Gedan

7th Kyu Basics

Ukemi	<p>Backward Ukemi: Refinement of all learned. Breath!</p> <p>Forward Ukemi: Careful front roll into breakfall position. Front Ukemi for sumiotoshi. Log rolling exercise in trios.</p> <p>Continuous Ukemi: Be able to attack eight times in a row with no break at all</p>
Shikko	<p>Movement: Smooth transitions from suwari waza to standing and back</p>
Etiquette	<ul style="list-style-type: none"> •

7th Kyu Techniques

Attack	Stance	Technique	Variation
Katate Dori	Ai Hanmi	Shiho Nage	Omote and Ura
Katate Dori	Gyaku Hanmi	Ikkyo	Omote and Ura
Katate Dori	Ai Hanmi	Irimi nage	
Katate Dori	Gyaku Hanmi	Sumi Otoshi	Ura

6th Kyu Basics

Ukemi	Backward Ukemi: Forward Ukemi:
Shikko	Movement:
Etiquette	•

6th Kyu Techniques

Attack	Stance	Technique	Variation
Shomen Uchi	(Ai Hanmi)	Ikkyo	Omote and Ura
Katate Dori	Gyaku Hanmi	Shiho Nage	Omote and Ura
Katate Dori	Gyaku Hanmi	Kaiten Nage	Uchi and Soto
Katate Dori	Gyaku Hanmi/Hanmi Handachi	Shiho Nage	
Ryote Kata Dori	Ushiro Waza	Koku Nage	