

## 5<sup>th</sup> Kyu Grading Guidelines

60 hours of training

### Partner Exercises

#### Gyakuhanmi Katatedori

1. Tai no Henko - Jodan
2. Tai no Henko - Chudan
3. Tai no Henko - Gedan
4. Irimi front
5. Uchikaiten
6. Sotokaiten
7. Irimi behind - Jodan
8. Irimi behind - Chudan
9. Irimi behind - Gedan

#### Aihanmi Katatedori

1. Ikkyo - Omote
2. Ikkyo - Ura
3. Irimi behind - Jodan
4. Irimi behind - Chudan
5. Irimi behind - Gedan

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### Techniques Suwariwaza ( All through omote & ura)

#### Katadori

1. Ikkyo

#### Shomenuchi

1. Ikkyo

#### Ryotedori

1. Kokyuhō

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### Techniques Tachiwaza ( All through omote & ura)

#### Gyakuhanmi Katatedori

1. Ikkyo
2. Shihonage
3. Uchikaitenage
4. Sotokaitenage
5. Tenchinage
6. Sumiotoshi
7. Kokyunage (+ variations)

#### Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kotegaeshi
5. Shihonage

#### Morotedori

1. Kokyunage

#### Katadori

1. Ikkyo

#### Shomenuchi

1. Ikkyo

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### Weapons

#### Bokken

1. Shihogeri
2. Happogeri
3. 7 Suburi (from Saito Sensei)
4. 8 Suburi (from Chiba Sensei)

#### Jo

1. Shomen, Kesa, Tsuki attack
2. 2 of 12 Kesa
3. 2 of 12 Tsuki
4. 10 of 20 Suburi (Saito Sensei)