

Kyu Kyu (9th grade syllabus)

Ettiquette (Reiho)

Formal start to class

Bowing (Kneeling [Zarei]; Standing [Ritsurei]; Entering/exiting dojo)

How to put on dogi (training uniform) and tie obi (belt)

Slapping out for safety

Junan Taiso

Basic body warm up and stretching

Kaiten

Forward Double Shoulder roll (Mae kaiten)

Forward Single Shoulder roll (Zempo kaiten)

Backwards roll (Koho kaiten)

Backwards sitting roll (Sokuho kaiten)

Sideways roll (Yoko nagare kaiten)

Sideways sitting roll (Sokuho nagare kaiten)

Punching

High (Jodan), Middle (Chudan), Low (Gedan)

Blocking

High (Jodan), Middle (Chudan), Low (Gedan)

Kamae no kata

Shizen

Doko

Tetchi

Ichimonji

Seigan

Kage

Ryuho Setsu

Hicho

Bobi

Kosei

Jumonji henka

Jumonji

Hira

Migi ihen

Hidari ihen

Hoko henka

Hoko

Kongo Gassho

Suwari Gata

Fudoza

Seiza

Zarei (nerei)

Suwari Gata

Ritsurei (nerei)

Basic Tehodoki and Taihodoki

wrist and body escapes

Wrist grabs

Chokes/Strangles





hachi Kyu (8th grade syllabus)

Kihon Happo

Kosshi Kihon Sanpo

Ichimonji no kata
Hicho no kata
Jumonji no kata
Torite Kihon Kata Goho

Omote gyaku
Omote gyaku tsuki
Ura gyaku
Musha dori
Ganseki nage
Advanced Tehodoki and Taihodoki (wrist and body escapes)

Multiple person grabs

Bearhugs
Nelsons (half and full)
Neck breaks

Movement and transitions

Evasion from multiple attacks to gain distance and good posture



Nana Kyu (7th grade syllabus)

Sanshin no kata

Chi no kata
Sui no kata
Ka no kata
Fu no kata
Ku no kata

Advanced Ukemi and Kaiten

Dive rolling/breakfalls (kuki kaiten/ukemi)
Over objects
No handed – Mute kaiten

Juoppo Ken (16 Fists) and Geri (Kicks)

Techniques highlighting the use of:

Kikaku Ken (Head Butt)
Shuki Ken (Elbow Strike)
Fudo Ken (Immovable Fist)
Shikan Ken (Extended Knuckle Fist)
Boshi Ken (Thumb Drive Fist)
Shuto Ken (Open Hand Strike)
Shako Ken (Claw Hand)
Shishin Ken (Finger Needle Strike)
Sanshintan Ken (Finger Pressure Strike)
Shitan Ken (Thumb and Finger Pressure Strike)
Tetsu ichi (Hammer fist)
Koppo Ken (Thumb Knuckle Fist)
Happa Ken (Open Hand Strike)
Tai Ken (Body Strike)
Sokki Ken (Knee Strike)
Sokuyaku Ken (Foot Strike)
Zempo Geri (Forward Stomp Kick)
Sokuho Geri (Sideways Stomp Kick)
Koho Geri (Backwards Kick)
Kakushi Geri (Hidden Kick)
Tobi Geri (Leaping Kick)
Sokugyaku Ken (Toe Strike)

Nage waza

Throwing techniques demonstrated both sides showing a variety of throws





Roku, Kyu (6th grade syllabus)

Hanbo/Jo

Hanbo/Jo Kamae (and natural movement with)
Hanbo/Jo Waza
Rolling with Hanbo/Jo
Rolling from fudoza/seiza

Gyokko Ryu Kosshijutsu

Demonstrate the idea of kosshijutsu
Show 2 of the schools waza
For each waza show 2 henka (variations)
Gyaku Waza – Locking techniques





Go Kyu (5th grade syllabus)

Bokken

- Bokken Kamae and transitions
- Kenjutsu Techniques (sword on sword)
- Iaijutsu – Sword drawing techniques
- Bokken (Ken) etiquette
- Mutodori – unarmed against sword

Koto Ryu Koppojutsu

- Demonstrate the idea of koppojutsu
- Show 2 of the schools waza
- For each waza show 2 henka (variations)
- Limited script 1 vs 1 showing concept of 'Chi'





Yon Kyu (4th grade syllabus)

Daishosabaki waza

Daisho [paired sword and short sword] techniques done from undrawn position)

Tessen waza

Togakure Ryu Ninpo taijutsu

Demonstrate the idea of ninpo taijutsu

Show 2 of the schools waza

For each waza show 2 henka (variations)

Limited script 1 vs 1 showing concept of 'Sui'

Explanation and demonstration surrounding the yearly theme and its concepts

Demonstration of techniques to show "own" taijutsu





San Kyu (3rd grade syllabus)

Bo

Bo kamae

Bo waza (Up to tori how they want to do techniques i.e. against unarmed or against sword)

Rolling with Bo

Formal Bo Introduction etiquette

Kukishinden Ryu Happon Bikenjutsu

Demonstrate the idea of Happon Bikenjutsu

Show 2 of the schools waza

For each waza show 2 henka (variations)

Limited sparring 1 vs 1 showing concept of 'Ka'

Demonstrating "natural" movement in techniques versus "classical" movement in techniques –
i.e. demonstrate a technique either kata or otherwise and show the difference





Ni Kyu (2nd grade syllabus)

Fundo/Tanto waza

Takagi Yoshin Ryu Jutaijutsu

Demonstrate the idea of Jutaijutsu

Show 2 of the schools waza

For each waza show 2 henka (variations)

Limited script 1 vs 1 showing concept of 'Fu'

Limited unscripted 1 vs 1

Koshinjutsu in techniques

Techniques from kneeling in seiza or sitting in fudoza

Also Demonstrate knee walking (Shikko)





Shodan (1st grade syllabus)

Can show techniques from any part of the syllabus

Demonstrate Counters to:

Kihon Happo
Sanshin no kata

Show gyaku waza but with the feeling of Ryuha

Understanding of all Ryuha

Demonstrate use of weapons:

Hanbo
Jo
Bo
Fundo
Tessen
Bokken
Nawarra
Tanto

Free form (Randori)

Blindfold Grappling against single person (Hand grabs and Judo grabs)

Ichi Tai Tasu – One versus Many

One vs Two unarmed
One vs Three unarmed
One vs Four unarmed
One vs Two armed (Club/Bokken)

Shinken Shira Dome – True Sword Naked Blade Stop

Shiro Hai Dori – Blade Take

Use of Breath/Ki in techniques

Show understanding of meditation

Basic Dojo Safety

