



Grading system: **Junior syllabus**

6 Kyu – white belt <i>Timescale:</i> Minimum of 12 hours practice	1 Mon	Backward roll Shōmen-ate Unsoku – 1 movement
	2 Mon	Forward roll Aigamae-ate Ushiro-ate Unsoku – 2 movements
	3 Mon	Basic rolls Basics 1 to 5 (based on Randori-no-Kata) Unsoku complete
5 Kyu – yellow belt <i>Timescale:</i> Minimum of 30 hours practice		Basic rolls Basics 1 to 6 (based on Randori-no-Kata) 1 Japanese term Kakarigeiko
	1 Mon	Basic rolls Basics 1 to 7 (based on Randori-no-Kata) 2 Japanese terms Kakarigeiko
	2 Mon	Basic rolls Basics 1 to 9 (based on Randori-no-Kata) 3 Japanese terms Kakarigeiko
	3 Mon	Basic rolls Basics 1 to 10 (based on Randori-no-Kata) 4 Japanese terms Kakarigeiko
4 Kyu – orange belt <i>Timescale:</i> Minimum of 60 hours practice		Basic breakfalls (rear) Unsoku Basics 1 to 12 (based on Randori-no-Kata) 5 Japanese terms Ninindori
	1 Mon	Basic breakfalls (forward) Basics 1 to 14 (based on Randori-no-Kata) 6 Japanese terms Ninindori
	2 Mon	Basic breakfalls (side) Basics 1 to 16 (based on Randori-no-Kata) 7 Japanese terms Ninindori
	3 Mon	Basic breakfalls (Kote-gaeshi) Basics 1 to 17 (based on Randori-no-Kata) 8 Japanese terms Ninindori (with/without Tantō)



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3 Kyu – green belt <i>Timescale:</i> Minimum of 120 hours practice 11 years of age before continuation		Tandoku-undo (1-3) 1 to 5 against Tantō (based on Randori-no-Kata) 9 Japanese terms Tantō Kakarigeiko
	1 Mon	Tandoku-undo (1-3) 1 to 7 against Tantō (based on Randori-no-Kata) 10 Japanese terms Tantō Kakarigeiko
	2 Mon	Tandoku-undo (1-4) 1-9 against Tantō (based on Randori-no-Kata) 11 Japanese terms Tantō Kakarigeiko
	3 Mon	Tandoku-undo complete (1-5) 1-10 against Tantō (based on Randori-no-Kata) 12 Japanese terms Tantō Kakarigeiko
2 Kyu – blue belt <i>Timescale:</i> Minimum of 200 hours practice		Unsoku and Tandoku-undo Randori-no-Kata 1-17 13 Japanese terms Kakarigeiko (high standard)
	1 Mon	Counters (5) Combinations (3) 14 Japanese terms Tantō Hikitategeiko
	2 Mon	Counters (10) Combinations (6) 15 Japanese terms Tantō Hikitategeiko
	3 Mon	Shikkō Randori-no-Kata-no-Ura-Waza (1-10) 16 Japanese terms Tantō Hikitategeiko
1 Kyu – brown belt <i>Timescale:</i> Minimum of 260 hours practice 13 years of age before continuation		Gohon-no-Kuzushi (5) Unsoku and Tandoku-undo leading class Combinations (9) 17 Japanese terms Hikitategeiko (light)
	1 Mon	Tai-sabaki, Irimi Koryū-dai-San 1 to 4 of Section A 18 Japanese terms Hikitategeiko (light)
	2 Mon	Tai-sabaki, Tenkan Koryū-dai-San, Section A (8) 19 Japanese terms Hikitategeiko
	3 Mon	Koshi-waza (4) Koryū-dai-San, Sections A and B (16) 20 Japanese terms Randori as required