

Jun-Godan

(Monthly Grading Tests)

Shite only

1.	Tanto-soho Renzoku
2.	Tanto-dori Tai-no-henko (1)(2) Tori Hiriki-no-yosei (1)(2) Tori Shumatsu-dosa (1)(2) Tori
3.	Jo-soho
4.	Jo Jiyu-waza
5.	Ken-soho (Version 3)
6.	Ken-soho (sotai, Version 2)
7.	Ken-dori Jiyu-waza
8.	Shitei-waza 1 Kata-mochi Shomen-uchi 2 Kata-mochi Yokomen-uchi 3 Jodan-zuki 4 Shomen-geri 5 Yokomen-geri
9.	Shite-renzoku-waza (one out of three) <ul style="list-style-type: none">• Shomen-geri• Yokomen-geri• Yokomen-shomen-geri
10.	Yonin-dori Jiyu-waza