

# **Jun-Shodan**

(Monthly Grading Tests)

## **Tanto-Soho**

<b>1</b>	<b>Tanto Soho (Tandoku Eight Techniques)</b>
<b>2</b>	<b>Tanto Soho (Sotai Five Techniques)</b>
<b>3</b>	<b>Tanto-dori (Sotai Six Techniques)</b> <b>1. Shomen-uchi Ikkajo-dori</b> <b>2. Shomen-uchi Hiji-shime-dori</b>  <b>3. Yokomen-uchi Sankajo-dori</b> <b>4. Yokomen-uchi Ude-garami-dori</b>  <b>5. Shomen-zuki Shihonage-kuzushi-dori</b> <b>6. Shomen-zuki Kote-gaeshi-dori</b>
<b>4</b>	<b>Shitei-waza</b>
<b>5</b>	<b>Shitei-waza</b>
<b>6</b>	<b>Shitei-waza</b>
<b>7</b>	<b>Shitei Jiyu-waza</b> <b>◆ Katate-mochi Jiyu-waza or</b> <b>◆ Ryote-mochi Jiyu-waza</b>

## Jun-Shodan Shitei Waza

Katate-mochi Shiho-nage (1) (2)

Ryote-mochi Shiho-nage (1) (2)

Yokomen-uchi Shiho-nage (1) (2)

↻ ↻ Shomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Yokomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Kata-mochi Ikkajo-osae (1) (2)

Ushiro Ryote-mochi Ikkajo-osae (1) (2)

↻ ↻ Katate-mochi Nikajo-osae (1) (2)

↻ ↻ Kata-mochi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Sankajo-osae (1) (2)

↻ ↻ Yokomen-uchi Sankajo-osae (1) (2)

Ushiro Ryote-mochi Sankajo-osae (1) (2)

↻ ↻ Shomen-uchi Yonkajo-osae (1) (2)

↻ ↻ Yokomen-uchi Yonkajo-osae (1) (2)

↻ ↻ Katate-mochi Sokumen Irimi-nage (1) (2)

↻ ↻ Kata-mochi Sokumen Irimi-nage (1) (2)

↻ ↻ Shomen-uchi Shomen Irimi-nage (1) (2)

↻ ↻ Yokomen-uchi Shomen Irimi-nage (1) (2)

↻ ↻ Shomen-uchi Hiji-shime (1) (2)

↻ ↻ Yokomen-uchi Hiji-shime (1) (2)

↻ ↻ Mune-mochi Hiji-shime (1) (2)

↻ ↻ Shomen-uchi Kote-gaeshi (1) (2)

↻ ↻ Yokomen-uchi Kote-gaeshi (1) (2)

↻ ↻ Ryote-mochi Tenchi-nage (1) (2)

Suwari-waza Ryote-mochi Kokyu-ho (1) (2)

↻ ↻ Both Standing and Sitting position)