

Pre-Yudan Syllabus

<p>1. First Step Katate-mochi Shiho-nage (1) (2) Ryote-mochi Shiho-nage (1) (2) Yokomen-uchi Shiho-nage (1) (2) Shomen-uchi Shiho-nage Jodan-zuki Shiho-nage Hanmi-handachi Katate-mochi Shiho-nage (1) (2) Hanmi-handachi Ryote-mochi Shiho-nage</p> <p>Shomen-uchi Jiyu-waza Tasu-dori</p>	<p>4. Fourth Step ☞☞ Katate-mochi Nikajo-osae (1) (2) ☞☞ Katate-aya-mochi Nikajo-osae (1) (2) ☞☞ Hiji-mochi Nikajo-osae (1) (2) ☞☞ Kata-mochi Nikajo-osae (1) (2) ☞☞ Mune-mochi Nikajo-osae (1) (2) ☞☞ Shomen-uchi Nikajo-osae (1) (2) ☞☞ Yokomen-uchi Nikajo-osae (1) (2) Jodan-zuki Nikajo-osae</p> <p>Ryote-mochi Jiyu-waza Tasu-dori</p>
<p>2. Second Step ☞☞ Shomen-uchi Ikkajo-osae (1) (2) ☞☞ Yokomen-uchi Ikkajo-osae (1) (2) ☞☞ Katate-mochi Ikkajo-osae (1) (2) ☞☞ Hiji-mochi Ikkajo-osae (1) (2) ☞☞ Kata-mochi Ikkajo-osae (1) (2) Jodan-zuki Ikkajo-osae Shomen-geri Ikkajo Yokomen-geri Ikkajo</p> <p>Yokomen-uchi Jiyu-waza Tasu-dori</p>	<p>5. Fifth Step ☞☞ Shomen-uchi Sankajo-osae (1) (2) ☞☞ Yokomen-uchi Sankajo-osae (1) (2) ☞☞ Katate-mochi Sankajo-osae (1) (2) ☞☞ Ryote-mochi Sankajo-osae (1) (2) ☞☞ Hiji-mochi Sankajo-osae (1) (2) ☞☞ Kata-mochi Sankajo-osae (1) (2) Jodan-zuki Sankajo-osae Shomen-geri Sankajo Yokomen-geri Sankajo</p> <p>Shomen-zuki Jiyu-waza Tasu-dori</p>
<p>3. Third Step Ushiro Ryote-mochi Ikkajo-osae (1) (2) Ushiro Katate-eri-mochi Ikkajo-osae (1) (2) Ushiro Ryohiji-mochi Ikkajo-osae (1) (2) Ushiro Ryokata-mochi Ikkajo-osae (1) (2) Ushiro Eri-mochi Ikkajo-osae (1) (2) Ushiro Ryote-mochi Sankajo-osae (1) (2) Ushiro Katate-eri-mochi Sankajo-osae (1) (2) Ushiro Ryohiji-mochi Sankajo-osae (1) (2) Ushiro Ryokata-mochi Sankajo-osae (1) (2)</p> <p>Katate-mochi Jiyu-waza Tasu-dori</p>	<p>6. Sixth Step ☞☞ Shomen-uchi Yonkajo-osae (1) (2) ☞☞ Yokomen-uchi Yonkajo-osae (1) (2) ☞☞ Katate-mochi Yonkajo-osae (1) (2) ☞☞ Ryote-mochi Yonkajo-osae (1) (2) ☞☞ Hiji-mochi Yonkajo-osae (1) (2) Jodan-zuki Yonkajo-osae Yokomen-geri Yonkajo-osae Shomen-geri Yonkanjo-nage Yokomen-geri Yonkajo-nage</p> <p>Kata-mochi Jiyu-waza Tasu-dori</p>

☞☞ Sensei will pick either sitting or standing techniques at the Shinsa “Tasu Dori” for 2nd Dan Shinsa needs two ukes (Tanto and Shomen Uchi attacks) and for 3rd Dan Shinsa needs three ukes (Tanto, Bokken and Shomen-uchi attacks).

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<p>7. Seventh Step</p> <p>☞☞ Katate-mochi Sokumen Irimi-nage (1) (2) ☞☞ Kata-mochi Sokumen Irimi-nage (1) (2) ☞☞ Shomen-uchi Sokumen Irimi-nage (1) (2) ☞☞ Yokomen-uchi Sokumen Irimi-nage (1) (2) Jodan-zuki Sokumen Irimi-nage (1) (2) Shomen-geri Sokumen Irimi-nage Ushiro Ryote-mochi Sokumen Irimi-nage (1) (2) Ushiro Ryohiji-mochi Sokumen Irimi-nage (1) (2) Ushiro Ryokata-mochi Sokumen Irimi-nage (1) (2)</p> <p>Shomen-Yokomen-uchi Jiyu-waza Tasu-dori</p>	<p>10. Tenth Step</p> <p>☞☞ Shomen-uchi Hiji-ate Kokyu-nage (1) (2) ☞☞ Yokomen-uchi Hiji-ate Kokyu-nage (1) (2) ☞☞ Katate-mochi Hiji-ate Kokyu-nage (1) (2) ☞☞ Ryote-mochi Hiji-ate Kokyu-nage (1) (2) ☞☞ Shomen-zuki Hiji-ate Kokyu-nage (1) (2) Shomen-geri Hiji-ate Kokyu-nage Yokomen-geri Hiji-ate Kokyu-nage</p> <p>Ushiro Ryokata-mochi Jiyu-waza Tasu-dori</p>
<p>8. Eighth Step</p> <p>☞☞ Shomen-uchi Shomen Irimi-nage (1) (2) ☞☞ Yokomen-uchi Shomen Irimi-nage (1) (2) ☞☞ Katate-mochi Shomen Irimi-nage (1) (2) ☞☞ Ryote-mochi Shomen Irimi-nage (1) (2) Jodan-zuki Shomen Irimi-nage (1) (2) Shomen-geri Shomen Irimi-nage (1) (2) Yokomen-geri Shomen Irimi-nage (1) (2) Ushiro-Ryote Mochi Hiji-shime (1) (2) Ushiro-Ryote Mochi Hiji-ate- Kokyu-nage (1) (2) Ushiro-Ryote Mochi Kote-gaeshi (1) (2)</p> <p>Ushiro-Ryote mochi Jiyu-waza Tasu-dori</p>	<p>11. Eleventh Step</p> <p>☞☞ Shomen-uchi Kote-gaeshi (1) (2) ☞☞ Yokomen-uchi Kote-gaeshi (1) (2) ☞☞ Shomen-zuki Kote-gaeshi (1) (2) ☞☞ Katate-mochi Kote-gaeshi (1) (2) ☞☞ Ryote-mochi Kote-gaeshi (1) (2) Jodan-zuki Kote-gaeshi (1) (2) Shomen-geri Kote-gaeshi (1) (2) Yokomen-geri Kote-gaeshi (1) (2)</p> <p>Tanto-dori Jiyu-waza Tasu-dori</p>
<p>9. Ninth Step</p> <p>☞☞ Shomen-uchi Hiji-shime (1) (2) ☞☞ Yokomen-uchi Hiji-shime (1) (2) ☞☞ Katate-mochi Hiji-shime (1) (2) ☞☞ Kata-mochi Hiji-shime (1) (2) ☞☞ Mune-mochi Hiji-shime (1) (2) Yokomen-geri Hiza-otoshi</p> <p>Ushiro Ryohiji-mochi Jiyu-waza Tasu-dori</p>	<p>12. Twelfth Step</p> <p>Shomen-uchi Kokyu-nage Yokomen-uchi Kokyu-nage Katate-mochi Kokyu-nage Ryote-mochi Kokyu-nage Shomen-zuki Kokyu-nage Shomen-geri Sumi-otoshi Yokomen-geri Sumi-otoshi Shomen-geri Irimi-zuki Yokomen-geri Irimi-zuki Suwari Ryote-mochi Kokyu-ho (1)(2)(3)(4)(5)(6)(7)</p> <p>Ken-dori Jiyu-waza Tasu-dori</p>

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