

Kyogikan Dojo Grading Booklet



Name:

Start date:

Grade	Date	Examiner's Signature
5th Kyu		
4th Kyu		
3rd Kyu		
2nd Kyu		
1st Kyu		
1st Dan		

Gokyu

Gokyu (5th kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
Ukemi	Koho (backwards)			
	Yoko (sideways)			
	Zenpo Kaiten (rolling)			
Unsoku	Body movement			
Tegatana dosa	5 hand blade movements			
Shikko	Knee walking			
Hachi hon no kuzushi	8 balance breaks - cross grip right hand - straight grip left hand			
Roku ho Tai Sabaki	6 directions avoidance - avoidance only			

Notes:

Yonkyu

Yonkyu (4th kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
Suwari waza	Oshi taoshi			
	Hishigi osae			
Kihon no kata	5 atemi waza - striking techniques			
Kihon no tsukuri atemi waza	Hontai no tsukuri 5 atemi waza			
Kihon no tsukuri kansetsu waza	Jodan tegatana kuzushi - movement only - right cross, left straight			
	Gedan tegatana kuzushi - movement only - right cross, left straight			
Roku ho Tai Sabaki	6 directions avoidance - enter (close distance)			
Randori ho	Tai sabaki			
	Tegatana bogyo			
	Kakarigeiko - atemi waza			

Notes:

Sankyu

Sankyu (3rd kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
Suwari waza	Gyakute dori kote hineri inside			
	Gyakute dori kote hineri outside			
Kihon no kata	5 hiji waza - elbow techniques			
Kihon no tsukuri atemi waza	Okori o utsu uchikomi (preparation of strike)			
Roku ho Tai Sabaki	6 directions avoidance - tsukuri (setup atemi) - kake (atemi throw)			
Randori ho	Hiji mochi no kuzushi outside + junte + jodan Inside + gyakute + jodan inside + junte + gedan outside + gyakute + gedan			
	Kakarigeiko - atemi waza - hiji mochi no kuzushi			

Notes:

Nikyu

Nikyu (2nd kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
Suwari waza	Junte dori kote hineri inside			
	Junte dori kote hineri outside			
Kihon no kata	4 tekubi waza - wrist techniques			
Kihon no tsukuri atemi waza	Tsuki taru o utsu uchikomi (on the strike)			
Kihon no tsukuri kansetsu waza	Jodan nigiri kaeshi Junte dori (high, take normal grip) - Oshi taoshi (cross) - Hiki taoshi (straight)			
	Gedan nigiri kaeshi Junte dori (low, take normal grip) - Tenkai kote gaeshi (both)			
Nage no kata	Nage no Kata 1 - 7			
Randori ho	Kakarigeiko			
	Hikitategeiko			

Notes:

Ikkyu

Ikkyu (1st kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
Suwari waza	Tekubi osae inside			
	Tekubi osae outside			
Kihon no kata	3 uki waza - floating techniques			
Kihon no tsukuri atemi waza	Hiki okori o utsu uchikomi (pull back of strike)			
Kihon no tsukuri kansetsu waza	Jodan nigiri kaeshi Gyakute dori (high, take reverse grip) - Oshi taoshi (cross) - Waki gatame (straight)			
	Gedan nigiri kaeshi Gyakute dori (low, take reverse grip) - Kote gaeshi (both)			
Nage no kata	Nage no kata 8 - 14			
Randori ho	Kakarigeiko			
	Hikitategeiko			
	Soft Randori			

Notes:

Shodan

Shodan (black belt)	Technical 10%	Speed & Timing 5%	Control & Safety 5%
Tanto randori no kata			
Kaeshi waza			
Goshin no kata			
Hikitategeiko			
Soft Randori			

Notes:

Hours

Hours	Technical							Randori		
10										
20										
30										
40										
50										
60										
70										
80										
90										
100										
110										
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