

\*not on Kyu syllabus

### Shihonage

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Katate Mochi (7)				
2	Ryote Mochi (6/3)				
3	Yokomen Uchi (4)				
4	Shomen Uchi (5)				
5	Ushiro Ryote Mochi (2)				
6	Hanmi Hantachi Katate Mochi (2)				
7	Hanmi Hantachi Ryote Mochi (2)				

### Ikkajo

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (7)				
2	Yokomen Uchi (6)				
3	Katate Mochi (5)				
4	Kata Mochi (3)				
5	*Ryote Mochi				
6	Mune Mochi (4)				
7	Ryote Mune Mochi (1)				
8	Shomen Tsuki (2)				
9	Ushiro Ryote Mochi (1)				
10	*Ushiro Katate Eri Mochi				

### Nikajo

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (5)				
2	Yokomen Uchi (4)				
3	Katate Mochi (6)				
4	*Kata Mochi				
5	Ryote Mochi (2)				
6	Mune Mochi (3)				
7	*Ryote Mune Mochi				
8	Shomen Tsuki Kata Tsuki (1)				

### Sankajo

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (4)				
2	Yokomen Uchi (3)				
3	Katate Mochi (2)				
4	*Kata Mochi				
5	*Ryote Mochi				
6	Mune Mochi (5)				
7	*Ryote Mune Mochi				
8	Ushiro Ryote Mochi (1)				
9	*Ushiro Katate Eri Mochi				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (3)				
2	Yokomen Uchi (2)				
3	Katate Mochi (1)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (2)				
2	*Yokomen Uchi				
3	Katate Mochi (3)				
4	*Kata Mochi				
5	Mune Mochi (6)				
6	Hiji Mochi (1)				
7	Shomen Tsuki (4)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (4)				
2	Yokomen Uchi (3)				
3	Shomen Tsuki (5)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	*Katate Mochi				
2	*Shomen Tsuki				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (3)				
2	Yokomen Uchi (2)				
3	*Kata Mochi				
4	Ryote Mochi (1)				
5	Mune Mochi (4)				
6	*Shomen Tsuki				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
1	Shomen Uchi (3)				
2	*Yokomen Uchi				
3	Katate Mochi (4)				
4	*Ryote Mochi				
5	Shomen Tsuki (2)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Kote Gaeshi</b>					
1	Shomen Uchi (3)				
2	Yokomen Uchi (2)				
3	Shomen Tsuki (1)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Tenchi Nage</b>					
1	*Ryote Mochi				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Ushiro Nage</b>					
1	*Shomen Tsuki				
2	*Shomen Uchi				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Kokyu Nage</b>					
1	Yokomen Uchi (5)				
2	Katate Mochi (5)				
3	Ryote Mochi (1)				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Kokyu Ho</b>					
1	*Suwari Waza Ryote Mochi 1				
2	*Suwari Waza Ryote Mochi 2				
3	*Suwari Waza Ryote Mochi 3				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Jiyu Waza</b>					
1	Shomen Uchi (3/1)				
2	Yokomen Uchi (3)				
3	Katate Mochi (2)				
4	Ryote Mochi (2/1)				
5	Shomen Tsuki (4/1)				
6	*Jodan Tsuki				

		Tachi Waza		Suwari Waza	
		Ichi	Ni	Ichi	Ni
<b>Weapons</b>					
1	Kihon Dosa with Bokken				
2	7 Ken Suburi				
3	4 Ken Awase				
4	20 Jo Suburi				
5	31 Jo Kata				
6	13 Jo Kata				