

# Minimum Grading Content for 7th Kyu (Yellow belt)

Tai Sabaki	Full routine
Ukemi	Full routine
Tai No Henko	Basic
Kokyu Ho	Gyakyu hanmi & Morotedori
Ai Hanmi Katatedori (1st form)	Ikkyo standing pin
	Nikyo standing pin, low kick atemi
	Sankyo standing pin
	Shiho nage
	Irimi nage
	Kote gaeshi
	Kaiten nage
	Tenchi nage
Bokken	1-3



# Minimum Grading Content for 6th Kyu (Orange belt)

Tai Sabaki	Full routine
Ukemi	Full routine
Tai No Henko	Basic
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Two techniques, ryote dori (11th form)
Suburi	Bokken 1 - 7
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	Ikkyo omote standing control
	Nikyo omote standing pin
	Sankyo standing pin
	Shiho nage
	Irimi nage
	Kote gaeshi
	Kaiten nage (3 variants)
	Tenchi nage
	Sumi Otoshi
	Show an understanding of what "omote" and "ura" is and how they might be used.
	Basic jab and cross



# Minimum Grading Content for 5th Kyu (Green belt)

Tai Sabaki	Full routine
Ukemi	Full routine
Tai No Henko	Basic
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Three techniques
Suburi	Bokken (1 – 7)
Suburi	Jo (1 – 10)
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	All techniques as per 6th kyu exam
Katadori (3rd form)	Ikkyo omote (+) & ura (-) standing control
	Nikyo omote standing pin
	Sankyo omote standing pin ('lifting' application)
	Shiho nage omote (+) & ura (-)
	Irimi nage omote (+) & ura (-)
	Kote gaeshi
	Kaiten nage
	Tenchi nage
	Basic jab, cross and combinations



# Minimum Grading Content for 4th Kyu (Blue belt)

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Four techniques
Kokyu Dosa	Basic (held from side)
Suburi	Bokken (1 - 7)
	Jo (1 - 10)
Kata	31 Jo
Koshinage	Arm wrap rotation, keep arm up, knee to ribs/head
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	All techniques as per 6th kyu exam
Katadori (3rd form)	All techniques as per 5th kyu exam
Munedori (4th form)	Ikkyo omote (+) & ura (-) standing control
	Nikyo omote standing pin
	Sankyo omote standing pin
	Irimi nage omote (+) & ura (-)
	Kote gaeshi omote (flowing+) & ura (-)
	Sparring level 1
	Kaiten nage
	Tenchi nage
	Basic jab and cross combinations
	Low side kick



# Minimum Grading Content for 3rd Kyu (Purple belt)

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	3 attackers
Kokyu Dosa	As specified by the examiner
Koshinage	hips under, head under & direct entrance
Suburi	Bokken (1 - 7)
	Jo (1-21)
Kata	31 Jo
	13 Jo
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	All techniques as per 6th kyu exam
Katadori (3rd form)	All techniques as per 5th kyu exam
Munedori (4th form)	All techniques as per 4th kyu exam
Jodan tsuki (5th form)	Ikkyo omote & ura standing control
Henka: TORI initiates the attack for the pins	Nikyo standing pin
	Sankyo standing pin
	Shiho nage omote (+) & ura (-)
	"seatbelt" Irimi nage
	Kote gaeshi omote via ikkyo henka shape
	Kaiten nage omote (+) & ura (-)
	Tenchinage ura
	Shomenate direct
	Hiji nage with shoulder application
	Randoori freestyle versus jodan tsuki
	Sparring levels 1 & 2.
	Jab, cross, combinations,
	low kick, front push kick



# Minimum Grading Content for 2nd Kyu (Brown belt)

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	3 attackers
Kokyu Dosa	As specified by the examiner
Koshinage	hip under, head under and direct entrance, arm wrap
Suburi	Bokken (1 – 7)
	Jo (1-21)
Kata	31 Jo
	13 Jo
Awase	1-7 Bokken
Tachi Dori	3 technique
Tanto dori	3 techniques including Gokkyu
Jo Dori	3 technique
Randoori	3 attackers from jodan tsuki & roundhouse
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	All techniques as per 6th kyu exam
Katadori (3rd form)	All techniques as per 5th kyu exam
Munedori (4th form)	All techniques as per 4th kyu exam
Jodan tsuki(5th form)	All techniques as per 3rd kyu exam
Roundhouse/haymaker punch	Ikkyo inside omote (+) & ura (-) Standing control
	Nikyo inside omote (+) standing pin
	Sankyo inside and under arm standing pin
	Shiho nage inside omote (+) & ura (-)
	Irimi nage inside uke nagashi & seatbelt versions
	Kote gaeshi inside drop forearm control
	Kaiten nage Inside via ikkyo, under arm and inside neck/knee strike direct version
	Tenchi nage inside rotation & atemi
	Osoto gari
	Shomenate
	Sumi otoshi variants
	Koshi nage, students choice (to suit uke)
	Jab, cross, combinations, low kick, front push kick
	Palm heel, slap, elbow, cross, jab etc
	Techniques from high under wrist grab
	Sayonage from roundhouse
	Sparring levels 1,2 & 3
	Defend once on the floor against standing opponent
Demonstration of striking variants:	



# Minimum Grading Content for 1st dan (Shodan)

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	3 attackers
Kokyu Dosa	As specified by the examiner
Koshinage	hip under, head under and direct entrance, arm wrap
Suburi	Bokken (1 – 7), Jo (1-21)
Kata	31 Jo, 13 Jo
Awase	1-7 Bokken
Tachi Dori	4 technique
Tanto dori	4 techniques including Gokkyu
Jo Dori	4 technique
Randoori	3 attackers from jodan tsuki, roundhouse and any grab
Ai Hanmi Katatedori (1st form)	All techniques as per 7th kyu exam
Gyaku Hanmi Katatedori (2nd form)	All techniques as per 6th kyu exam
Katadori (3rd form)	All techniques as per 5th kyu exam
Munedori (4th form)	All techniques as per 4th kyu exam
Jodan tsuki (5th form)	All techniques as per 3rd kyu exam
Roundhouse/haymaker punch (6th form)	Ikkyo inside omote (+) & ura (-) Standing control
	Nikyo inside omote (+) standing pin
	Sankyo inside and under arm standing pin
Roundhouse/Haymaker punch	Shiho nage inside omote (+) & ura (-)
	Irmi nage inside uke nagashi & seatbelt versions
	Kote gaeshi inside drop forearm control
	Kaiten nage Inside via ikkyo, under arm and inside neck/knee strike direct version
	Tenchi nage inside rotation & atemi
	Osoto gari
	Shomenate
	Sumi otoshi variants
	Koshi nage
	Jab, cross, combinations, low kick, front push kick
	6 techniques
	Palm heel, slap, elbow, cross, jab etc
	Techniques from high under wrist grab
	Defend against double handed front choke
	Headlock, Overarm bearhug, 2 handed front choke
	Sayonage from roundhouse
	Full sparring routine all 4 stages
	Escape from mount and guard, getting to feet ASAP
	Defend from the floor against standing opponent
	De-escalation body language and dialogue
	Defence against kicks
Collar grab from behind	
Demonstration of striking variants:	
Escape from:	



# Minimum Grading Content for 2nd dan (Nidan)

Requirement = + 3 years regular training from shodan

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Nage	Multiple attackers + with Jo + Hanmi Handachi
Randori	Multiple attackers + Hanmi Handachi
Kaeshi Waza	Candidate's choice of techniques
Henka Waza	Candidate's choice of techniques
Kata	31 Jo, 13 Jo
Kata partner practice:	31 Jo in blocks & 1 - 31 continuous
Tachi Dori	5 techniques
Jo Dori	5 techniques
Tanto dori	Candidate's choice of techniques
Ki Musubi No Tachi	
Kumi Tachi	1-5
Kumi Jo	1-10
Randoori	Multiple attackers, freestyle attacks.
Hanmi handachi	5 techniques

5 techniques of the candidate's choice from each of the following forms to be performed Ki no nagare (flowing)

Ai Hanmi Katatedori (1st form)

Gyaku Hanmi Katatedori (2nd form)

Katadori (3rd form)

Munedori (4th form)

jodan tsuki (5th form)

Roundhouse punch (6th form)

Tsuki (7th form)

Ushiro Eridori (8th form)

Defend against front kick

Defend against double handed front choke

Defend once on the floor against standing opponent

De-escalation body language and dialogue

Gyaku Hanmi Hijidori (9th form)

Morotedori (10th form)

Ryotedori (11th form)

Ryokatadori (12th form)

Ushiro Tekubidori (13th form)

Ushiro Hijidori (14th form)

Ushiro Ryokatadori (15th form)

Ushiro Kubishime (16th form)

3 attackers randoori

Teach a technique to the class (examiners choice)

NB: Senior instructors discretion applies.

All or part of the above may be required along with anything else the examination board may ask to see.





# Minimum Grading Content for 3rd dan (Sandan)

Requirement = + 4 years regular training from Nidan

The candidate will be expected to have regularly taught classes within the organisation, and also have some experience of teaching individual sessions at seminars.

The 3rd dan grading will consist of the candidate being asked to teach a minimum of 60 minute session. The subject will usually be the Riiai System.

An alternative subject may be required by the Grading Panel, in which case the candidate will be notified at least 4 weeks in advance of the grading.

At least 20 minutes of the session should involve the candidate teaching their understanding of the designated topic, rather than in the students practising.

