

3-1 kyu Youth Requirements

Revised 3/6/2017

3rd Kyu Youth:

1. Migi hamni no kamae
2. Hidari hamni no kamae
3. Tai no henko (1)**
4. Tai no henko (2)**
5. Suwari Waza Shomenuchi Sankajo Osae (2)
6. Shomen Uchi Yonkajo Osae (2)
7. *Shomen Uchi Shomen Iriminage (1)*
8. *Shomen Uchi Sokumen Iriminage (1)*
9. Happo Geri (8-direction cut)
10. Shitei Waza
11. Shumatsu Dosa (1)**
12. Shumatsu Dosa (2)**

Shitei Waza for 3rd Kyu:

- Katate Mochi Shionage (1) (2)
*Shomen Uchi Ikkajo Osae (1) (2)
*Katate Mochi Nikajo Osae (1) (2)
*Shomenuchi Sankajo Osae (1) (2)
*Katate Mochi Sokumen Iriminage (1)
*Yokomen Uchi Shomen Iriminage (2)
*Shomen Uchi Yonkajo Osae (1)
*Mune Mochi Hijishime (2)
*Shomen Uchi Kotegaeshi (1) (2)
*Ryote Mochi Tenchi Nage (1)
Suwari Waza Ryote Mochi Kokyuho (1)
Ushiro Waza Ryote Mochi Ikkajo osae (1) (2)
Ushiro Waza Ryote Mochi Sankajo osae (1) (2)

2nd Kyu Youth:

1. Migi hamni no kamae
2. Hidari hamni no kamae
3. Tai no henko (1)**
4. Hiriki no yosei (2)**
5. Hiriki no yosei (3)**
6. *Kata Mochi Ikkajo osae (1)*
7. *Kata Mochi Sokumen Iriminage (1)*
8. *Kata Mochi Sokumen Iriminage (2)*
9. *Suwari Waza Shomenuchi Hijishime (1)*
10. *8 types of bokken cuts*
11. Shite Waza
12. Shumatsu Dosa (1)**
13. Shumatsu Dosa (2)**

ADDITIONAL Shitei Waza for 2nd Kyu:

*Kata Mochi Ikkajo Osae (2)

1st Kyu Youth:

1. Migi hamni no kamae
2. Hidari hamni no kamae
3. Tai no henko (1)**
4. Hiriki no yosei (1)**
5. Hiriki no yosei (2)**
6. *Ushiro Waza Ryote Mochi Sankajo Osae (2)*
7. *Suwariwaza Shomen Uchi Nikajo Osae (2)*
8. *Shomenuchi Sokumen Iriminage (2)*
9. *Hanmi Handachi Ryote Mochi Shihonage*
10. *Hashu Geri (8-types of cuts in 8-directions)*
11. Shite Waza
12. Shumatsu Dosa (1)**
13. Shumatsu Dosa (2)**

ADDITIONAL Shitei Waza for 1st Kyu:

*Shomen Uchi Nikajo Osae (1) (2)

*Shomen Uchi Sokumen Iriminage (1)

*= Denotes techniques both tachi or suwari

**= denotes with partner

Techniques in italics are new