

Children's Shinsa

9th kyu yellow

1. Migi-hanmi Kamae
2. Hidari-hanmi Kamae
3. Seiza-ho
4. Shikko-ho
5. Zenpo-kaiten ukemi
6. Koho-kaiten ukemi
7. Tai-sabaki
8. Aikiken
9. Shomen-zuki Renzoku-waza
 - 1) Shihonage

Children's Shinsa

8th kyu Orange

1. Migi-hanmi Kamae
2. Hidari-hanmi Kamae
3. Seiza-ho
4. Shikko-ho
5. Zenpo-kaiten ukemi
6. Koho-kaiten ukemi
7. Tai-sabaki
8. Tanto soho (1 to 8 only)
9. Shomen geri shihonage
10. Shomen-zuki Renzoku-waza
 - 1) Shihonage
 - 2) Ikkajo-nage

Children's Shinsa

7th kyu Green

1. Seiza-ho
2. Shikko-ho
3. Zenpo-kaiten Ukemi
4. Koho Ukemi
5. Tai-sabaki
6. Aikiken
7. Jo Soho (1 to 12)
8. Shumatsu-dosa (1)
9. Katate-mochi shiho-nage (1)
10. Shomen-uchi Ikkajo-osae(1)
11. Shomen-zuki Renzoku-waza
 - 1) Shihonage
 - 2) Ikkajo-nage
 - 3) Nikajo-nage

Children's Shinsa

6th kyu Blue

1. Seiza-ho
2. Shikko-ho
3. Hiriki no Yosei (1)(2)
4. Shumatsu-dosa (1)(2)
5. Jo-soho No.1~No.12 (including 6 and 10 spinning)
6. Katate-mochi Shiho-nage (1) & (2)
7. Jodan zuki shihonage
8. Shomen-uchi Ikkajo-osae(1) & (2)
9. Jodan zuki Ikkajo
10. Shomen-zuki Renzoku-waza
 - 1) Shihonage
 - 2) Ikkajo-nage
 - 3) Nikajo-nage
 - 4) Sankajo-nage

Children's Shinsa

5th kyu Red

1. Migi-hanmi Kamae
2. Hidari-hanmi Kamae
5. Hiriki no Yosei (1) (2)
6. Shumatsu-dosa (1) & (2)
7. Tanto soho
8. Jo-soho
9. Katate-mochi Shiho-nage (1) & (2)
10. Jodan zuki shihonage
11. Shomen-uchi Ikkajo-osae (1) & (2)
12. Jodan zuki Ikkajo
13. Katate-mochi Nikajo-osae (1)
- 14 .Shomen-zuki Renzoku-waza (Continuously)
 - 1) Shihonage
 - 2) Ikkajo-nage
 - 3) Nikajo-nage
 - 4) Sankajo-nage
 - 5) Irimi-nage

Children's Shinsa

4th kyu Purple

1. Migi-hanmi Kamae (sotai-dosa)
2. Hidari-hanmi Kamae (sotai-dosa)
5. Hiriki no Yosei (1)(2) (sotai-dosa)
6. Shumatsu-dosa (1)(2) (sotai-dosa)
7. Tanto soho
8. Tanto dori
Ikkajo; Hijishime
9. Jo-soho
10. Katate-mochi Shiho-nage (1) (2)
11. Jodan zuki shihonge
12. Shomen geri shihonage
13. Shomen-uchi Ikkajo-osae (1) (2)
14. Jodan zuki Ikkajo
15. Katate-mochi Nikajo-osae (1) (2)
16. Shomen-zuki Renzoku-waza (continuously)
 - 1) Shihonage
 - 2) Ikkajo-nage
 - 3) Nikajo-nage
 - 4) Sankajo-nage
 - 5) Irimi-nage
 - 6) Kote-gaeshi

Children's Shinsa

3rd kyu Purple stripe

1. Migi-hanmi Kamae (sotai-dosa)
2. Hidari-hanmi Kamae (sotai-dosa)
3. Hiriki no Yosei (1) (2) (sotai-dosa)
4. Shumatsu-dosa (1) (2) (sotai-dosa)
5. Jo-soho
6. Tanto soho
7. Tanto dori
 - Ikkajo; Hijishime, Sankajo, Ude-garami
8. Jodan-zuki Shihonage
9. Shomen-geri Shihonage
10. Jodan-zuki Ikkajo
11. Shomen-geri Ikkajo
12. Uraken-uchi ikkajo
13. Shomen-zuki Renzoku-waza
 - 1) Sumi-otoshi
 - 2) Kote-gaeshi
 - 3) Hijiate Kokyu-nage
 - 4) Ude-garami

Children's Shinsa

2nd kyu Brown

1. Tai no Henko (1) (2) (solo, both sides)
2. Hiriki no Yosei (1) (2) (sotai dosa)
3. Shumatsu-dosa (1) (2) (sotai dosa)
4. Kamae niyoru atemi (sotai)
5. Jodan-zuki Shihonage
6. Shomen-geri Shihonage
7. Jodan-zuki Ikkajo
8. Shomen-geri Ikkajo
9. Uraken-uchi ikkajo
10. Jodan-zuki Nikajo
11. Shomen-geri Sankajo
12. Tanto soho
13. Tanto dori
14. Shomen-zuki Renzoku-waza
 - 1) Sumi-otoshi
 - 2) Kote-gaeshi
 - 3) Hiji-ate Kokyu-nage
 - 4) Ude-garami
 - 5) Shiho-nage
 - 6) Shomen-iriminage

Children's Shinsa

1st kyu Brown stripe

1. Tai no Henko (1) (2) (sotai dosa)
2. Hiriki no Yosei (1) (2) (sotai dosa)
3. Shumatsu-dosa (1) (2) (sotai dosa)
4. Jo-soho
5. Jo nage waza
6. Katate-mochi shihonage (1)(2)
7. Shomen-uchi ikkajo osae (1)(2)
8. katate-mochi nikajo osae (1)(2)
9. shomen-uchi sankajo osae (1)
10. Shomen-uchi yonkajo osae (1)
11. Shomen-uchi Shomen Irimi-nage (1)
12. Ryote-mochi Tenchi-nage (1)
13. Shomen-zuki Renzoku-waza
 - 1) Sumi-otoshi
 - 2) Kote-gaeshi
 - 3) Hiji-ate Kokyu-nage
 - 4) Ude-garami
 - 5) Shiho-nagekuzushi
 - 6) Irimi-nage
 - 7) Kokyu-nage

Children's Shinsa

Shodan Black Belt

1. Aikiken
 2. Jo-soho
 3. Hiriki no Yosei (1) (2)
 5. Shumatsu-dosa (1) (2)
 7. Shomen-geri Ikkajo-osae
 8. Jodan-zuki Sankajo-osae
 9. Jodan-zuki Shomen Irimi-nage (2)
 10. Shitei-waza
 11. Shitei-waza
 12. Shitei-waza
 13. Shitei Renzoku-waza (Shomen-uchi, Yokomen-uchi, Shomen-zuki)
- 1) Sumi-otoshi 2) Kote-gaeshi 3)Hiji-ate Kokyu-nage 4)Ude-garami
5)Shiho-nagekuzushi 6)Irimi-nage 7)Kokyu-nage

Shitei-waza

Katate-mochi Shiho-nage(1)(2)	Katate-mochi Sokumen Irimi-nage(1)(2)
Ryote-mochi Shiho-nage(1)(2)	Yokomen-uchi Shomen Irimi-nage(1)(2)
*Shomen-uchi Ikkajo Osae(1)(2)	Kata-mochi Hiji-shime(1)(2)
Yokomen-uchi Ikkajo Osae(1)(2)	Shomen-uchi Hiji-ate Kokyu-nage(1) (2)
*Katate-mochi Nikajo Osae(1)(2)	Ryote-mochi Tenchi-nage(1)(2)
*Shomen-uchi Sankajo Osae(1)(2)	Shomen-uchi Kote-gaeshi(1)(2)
Yokomen-uchi SankajoOsae (1)(2)	Yokomen-uchi Kokyu-nage (* the techniques for both seated and standing positions.)
Shomen-uchi Yonkajo Osae(1)(2)	