

Jun-Nidan

(Monthly Grading Tests)

Ken-Soho

1	Kihon-dosa Renzoku (Ken-soho)
2	Ken Soho (Tandoku Eight Techniques)
3	Ken Soho (Sotai Six Techniques)
4	Ken Dori (Sotai Six Techniques) <ol style="list-style-type: none">1. Shiraha-dori2. Kokyu-nage (uchi-sabaki)3. Kote-gaeshi4. Hiji-ate Kokyu-nage5. Sokumen Irimi-nage6. Shomen Irimi-nage
5	Shitei-waza
6	Shitei-waza
7	Shitei-waza
8	Shomen-geri Renzoku-waza
9	Shitei Jiyu-waza (one out of three) <ul style="list-style-type: none">• Ken-dori Jiyu-waza• Jo-dori Jiyu-waza• Tanto-dori Jiyu-waza

Jun-Nidan Shitei-waza

Katate-mochi Shiho-nage (1) (2)
Ryote-mochi Shiho-nage (1) (2)
Yokomen-uchi Shiho-nage (1) (2)
Jodan-zuki Shiho-nage
Hanmi-handachi Katate-mochi Shiho-nage (1) (2)
☞☞ Shomen-uchi Ikkajo-osae (1) (2)
☞☞ Yokomen-uchi Ikkajo-osae (1) (2)
☞☞ Katate-mochi Ikkajo-osae (1) (2)
☞☞ Kata-mochi Ikkajo-osae (1) (2)
Jodan-zuki Ikkajo-osae
Shomen-geri Ikkajo-osae
Ushiro Ryote-mochi Ikkajo-osae (1) (2)
☞☞ Katate-mochi Nikajo-osae (1) (2)
☞☞ Kata-mochi Nikajo-osae (1) (2)
☞☞ Shomen-uchi Nikajo-osae (1) (2)
☞☞ Yokomen-uchi Nikajo-osae (1) (2)
Jodan-zuki Nikajo-osae
☞☞ Shomen-uchi Sankajo-osae (1) (2)
☞☞ Yokomen-uchi Sankajo-osae (1) (2)
☞☞ Katate-mochi Sankajo-osae (1) (2)
Jodan-zuki Sankajo-osae
Shomen-geri Sankajo
Ushiro Ryote-mochi Sankajo-osae (1) (2)
Ushiro Katate-eri-mochi Sankajo-osae (1) (2)
☞☞ Shomen-uchi Yonkajo-osae (1) (2)
☞☞ Yokomen-uchi Yonkajo-osae (1) (2)

☞☞ Katate-mochi Yonkajo-osae (1) (2)
Jodan-zuki Yokanjo-osae
☞☞ Katate-mochi Sokumen Irimi-nage (1) (2)
☞☞ Kata-mochi Sokumen Irimi-nage (1) (2)
Jodan-zuki Sokumen Irimi-nage (1) (2)
Shomne-geri Sokumen Irimi-nage
☞☞ Shomen-uchi Shomen Irimi-nage (1) (2)
☞☞ Yokomen-uchi Shomen Irimi-nage (1) (2)
Jodan-zuki Shomen Irimi-nage (1) (2)
Shomen-geri Shomen Irimi-nage (1)(2)
☞☞ Shomen-uchi Hiji-shime (1) (2)
☞☞ Yokomen-uchi Hiji-shime (1) (2)
☞☞ Kata-mochi Hiji-shime (1) (2)
☞☞ Mune-mochi Hiji-shime (1) (2)
☞☞ Shomen-uchi Hiji-ate Kokyu-nage (1) (2)
☞☞ Yokomen-uchi Hiji-ate Kokyu-nage (1) (2)
☞☞ Katate-mochi Hiji-ate Kokyu-nage (1) (2)
☞☞ Shomen-uchi Kote-gaeshi (1) (2)
☞☞ Yokomen-uchi Kote-gaeshi (1) (2)
☞☞ Shomen-zuki Kote-gaeshi (1) (2)
Jodan-zuki Kote-gaeshi (1) (2)
☞☞ Ryote-mochi Tenchi-nage (1) (2)
Shomen-geri Irimi-zuki
Suwari-waza Ryote-mochi Kokyu-ho (1) (2) (3)
☞☞ Both Standing and Sitting position)