

## Pre-Yudan Syllabus

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| <p><b>1. First Step</b><br/>           Katate-mochi Shiho-nage (1) (2)<br/>           Ryote-mochi Shiho-nage (1) (2)<br/>           Yokomen-uchi Shiho-nage (1) (2)<br/>           Shomen-uchi Shiho-nage<br/>           Hanmi-handachi Katate-mochi Shiho-nage (1) (2)<br/>           Hanmi-handachi Ryote-mochi Shiho-nage<br/>           Shitei-waza 1</p> <p>Shomen-uchi Jiyu-waza<br/>           Tasu-dori</p>   | <p><b>4. Fourth Step</b><br/>           ㊦ ㊦ Katate-mochi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Katate-aya-mochi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Hiji-mochi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Kata-mochi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Mune-mochi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Shomen-uchi Nikajo-osae (1) (2)<br/>           ㊦ ㊦ Yokomen-uchi Nikajo-osae (1) (2)<br/>           Shitei-waza 4</p> <p>Ryote-mochi Jiyu-waza<br/>           Tasu-dori</p> |
| <p><b>2. Second Step</b><br/>           ㊦ ㊦ Shomen-uchi Ikkajo-osae (1) (2)<br/>           ㊦ ㊦ Yokomen-uchi Ikkajo-osae (1) (2)<br/>           ㊦ ㊦ Katate-mochi Ikkajo-osae (1) (2)<br/>           ㊦ ㊦ Hiji-mochi Ikkajo-osae (1) (2)<br/>           ㊦ ㊦ Kata-mochi Ikkajo-osae (1) (2)<br/>           Shitei-waza 2</p> <p>Yokomen-uchi Jiyu-waza<br/>           Tasu-dori</p>   | <p><b>5. Fifth Step</b><br/>           ㊦ ㊦ Shomen-uchi Sankajo-osae (1) (2)<br/>           ㊦ ㊦ Yokomen-uchi Sankajo-osae (1) (2)<br/>           ㊦ ㊦ Katate-mochi Sankajo-osae (1) (2)<br/>           ㊦ ㊦ Ryote-mochi Sankajo-osae (1) (2)<br/>           ㊦ ㊦ Hiji-mochi Sankajo-osae (1) (2)<br/>           ㊦ ㊦ Kata-mochi Sankajo-osae (1) (2)<br/>           Shitei-waza 5</p> <p>Shomen-zuki Jiyu-waza<br/>           Tasu-dori</p>   |
| <p><b>3. Third Step</b><br/>           Ushiro Ryote-mochi Ikkajo-osae (1) (2)<br/>           Ushiro Katate-eri-mochi Ikkajo-osae (1) (2)<br/>           Ushiro Ryohiji-mochi Ikkajo-osae (1) (2)<br/>           Ushiro Ryokata-mochi Ikkajo-osae (1) (2)<br/>           Ushiro Eri-mochi Ikkajo-osae (1) (2)<br/>           Ushiro Ryote-mochi Sankajo-osae (1) (2)<br/>           Ushiro Katate-eri-mochi Sankajo-osae (1) (2)<br/>           Ushiro Ryohiji-mochi Sankajo-osae (1) (2)<br/>           Ushiro Ryokata-mochi Sankajo-osae (1) (2)<br/>           Shitei-waza 3</p> <p>Katate-mochi Jiyu-waza<br/>           Tasu-dori</p> | <p><b>6. Sixth Step</b><br/>           ㊦ ㊦ Shomen-uchi Yonkajo-osae (1) (2)<br/>           ㊦ ㊦ Yokomen-uchi Yonkajo-osae (1) (2)<br/>           ㊦ ㊦ Katate-mochi Yonkajo-osae (1) (2)<br/>           ㊦ ㊦ Ryote-mochi Yonkajo-osae (1) (2)<br/>           ㊦ ㊦ Hiji-mochi Yonkajo-osae (1) (2)<br/>           Shitei-waza 6</p> <p>Kata-mochi Jiyu-waza<br/>           Tasu-dori</p>   |

㊦ ㊦ Sensei will pick either sitting or standing techniques at the Shinsa.

- “Tasu-dori” for 2<sup>nd</sup> Dan Shinsa needs two ukes (Tanto and Shomen-uchi attacks) and for 3<sup>rd</sup> Dan and over Shinsa needs three ukes (Tanto, Bokken and Shomen-uchi attacks).

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| <p><b>7. Seventh Step</b></p> <p>☞☞ Katate-mochi Sokumen Irimi-nage (1) (2)<br/>         ☞☞ Kata-mochi Sokumen Irimi-nage (1) (2)<br/>         ☞☞ Shomen-uchi Sokumen Irimi-nage (1) (2)<br/>         ☞☞ Yokomen-uchi Sokumen Irimi-nage (1) (2)<br/>         Ushiro Ryote-mochi Sokumen Irimi-nage (1) (2)<br/>         Ushiro Ryohiji-mochi Sokumen Irimi-nage (1) (2)<br/>         Ushiro Ryokata-mochi Sokumen Irimi-nage (1) (2)<br/>         Shitei-waza 7</p> <p>Shomen-Yokomen-uchi Jiyu-waza<br/>         Tasu-dori</p> | <p><b>10. Tenth Step</b></p> <p>☞☞ Shomen-uchi Hiji-ate Kokyu-nage (1) (2)<br/>         ☞☞ Yokomen-uchi Hiji-ate Kokyu-nage (1) (2)<br/>         ☞☞ Katate-mochi Hiji-ate Kokyu-nage (1) (2)<br/>         ☞☞ Ryote-mochi Hiji-ate Kokyu-nage (1) (2)<br/>         ☞☞ Shomen-zuki Hiji-ate Kokyu-nage (1) (2)<br/>         Shitei-waza 10</p> <p>Ushiro Ryokata-mochi Jiyu-waza<br/>         Tasu-dori</p> |
| <p><b>8. Eighth Step</b></p> <p>☞☞ Shomen-uchi Shomen Irimi-nage (1) (2)<br/>         ☞☞ Yokomen-uchi Shomen Irimi-nage (1) (2)<br/>         ☞☞ Katate-mochi Shomen Irimi-nage (1) (2)<br/>         ☞☞ Ryote-mochi Shomen Irimi-nage (1) (2)<br/>         Ushiro-Ryote Mochi Hiji-shime (1) (2)<br/>         Ushiro-Ryote Mochi Hiji-ate- Kokyu-nage (1) (2)<br/>         Ushiro-Ryote Mochi Kote-gaeshi (1) (2)<br/>         Shitei-waza 8</p> <p>Ushiro-Ryote mochi Jiyu-waza<br/>         Tasu-dori</p>                       | <p><b>11. Eleventh Step</b></p> <p>☞☞ Shomen-uchi Kote-gaeshi (1) (2)<br/>         ☞☞ Yokomen-uchi Kote-gaeshi (1) (2)<br/>         ☞☞ Shomen-zuki Kote-gaeshi (1) (2)<br/>         ☞☞ Katate-mochi Kote-gaeshi (1) (2)<br/>         ☞☞ Ryote-mochi Kote-gaeshi (1) (2)<br/>         Shitei-waza 11</p> <p>Tanto-dori Jiyu-waza<br/>         Tasu-dori</p>  |
| <p><b>9. Ninth Step</b></p> <p>☞☞ Shomen-uchi Hiji-shime (1) (2)<br/>         ☞☞ Yokomen-uchi Hiji-shime (1) (2)<br/>         ☞☞ Katate-mochi Hiji-shime (1) (2)<br/>         ☞☞ Kata-mochi Hiji-shime (1) (2)<br/>         ☞☞ Mune-mochi Hiji-shime (1) (2)<br/>         Shitei-waza 9</p> <p>Ushiro Ryohiji-mochi Jiyu-waza<br/>         Tasu-dori</p>   | <p><b>12. Twelfth Step</b></p> <p>Shomen-uchi Kokyu-nage<br/>         Yokomen-uchi Kokyu-nage<br/>         Katate-mochi Kokyu-nage<br/>         Ryote-mochi Kokyu-nage<br/>         Shomen-zuki Kokyu-nage<br/>         Suwari Ryote-mochi Kokyu-ho<br/>         (1)(2)(3)(4)(5)(6)(7)<br/>         Shitei-waza 12</p> <p>Ken-dori Jiyu-waza<br/>         Tasu-dori</p>                                   |

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