



## **SHODAN TEST**

One year after 1 kyu, 200 classes

Tai no henko

Morote-dori, Kokyuhō, (omote & ura)

**Suwari-waza**, Shomen-uchi, ikkyō ~ Gokyo (omote & ura)

### **Hanmi Handachi:**

Katate-dori, Shiho-nage (omote & ura)

Ryote-dori, Shiho-nage (omote & ura)

Ryote-dori, Tenchi-nage

Tsuki, kote-gaeshi

Shomen-uchi, tsuki, or yokomen uchi—irimi-nage

Katate-dori, kaiten-nage, (soto & uchi)

6 Ushiro Variations

6 Koshi-nage

Tanto waza (tsuki, yokomen, slash)

Bokken & Jo- 1 partner technique each

Randori (2 person attack)

Kokyu dosa