

YOUTH SYLLABUS (AGED 10-15)

WHITE BELT

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right)
	Unsoku	Complete 3 set
TECHNIQUE	Basic Kata	1-5 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – 1 YELLOW MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-6 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – 2 YELLOW MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-7 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – 3 YELLOW MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right)
	Unsoku	Complete 3 sets

TECHNIQUE	Basic Kata	1-8 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

YELLOW BELT

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-10 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

YELLOW – 1 MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-11 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack
	Nin in dori	Shomen-ate attack

YELLOW – 2 MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right)
	Unsoku	Complete 3 sets
	Tandoku-undo	Any 1 set
TECHNIQUE	Basic Kata	1-12 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack
	Nin in dori	Shomen-ate attack

YELLOW – 3 MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right) Complete 3 sets Any 2 sets
TECHNIQUE	Basic Kata	1-13 (Left or Right)
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Shomen-ate attack

ORANGE BELT (maximum conversion)

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) Complete 3 sets Any 3 sets
TECHNIQUE	Basic Kata	1-15 (Left or Right)
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

ORANGE – 1 GREEN MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) Complete 3 sets Any 4 sets
TECHNIQUE	Basic Kata	1-15 (Left or Right) 1-5 (Opposite side to usual performance)
APPLICATION	Kakarigeiko	Shomen-ate attack Tanto Tskiari attack

	Nin in dori	Shomen-ate attack
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ORANGE – 2 GREEN MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata	1-15 (Left or Right) 1-6 (Opposite side to usual performance)
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

ORANGE – 3 GREEN MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata	1-16 (Left or Right) 1-8 (Opposite side to usual performance)
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

GREEN BELT

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and
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	Unsoku Tandoku-undo Shikko	Right), Forward rolling breakfall (Left and Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata	Complete (Left or Right) 1-10 (Opposite side to usual performance)
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

GREEN – 1 BLUE MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) Complete 3 set Complete 5 sets
TECHNIQUE	Basic Kata Counters Shichi-hon	complete 1-12 (Opposite side to usual performance) 1-3 (Left or Right) First 2 techniques
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

GREEN – 2 BLUE MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) Complete 3 sets Complete 5 sets
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	Shikko	
TECHNIQUE	Basic Kata Counters Shichi-hon	complete(Left or Right) 1-14 (Opposite side to usual performance) 1-5 (Left or Right) First 4 techniques
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

GREEN – 3 BLUE MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Basic Kata (left) Counters Suwari-Waza Shichi-hon	Complete (Left or Right) 1-16 (Opposite side to usual performance) 1-8 (Left or Right) Any 2 techniques First 6 techniques
APPLICATION	Kakarigeiko Nin in dori	Shomen-ate attack Tanto Tskiari attack Shomen-ate attack

BLUE BELT (minimum age – 12)

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Counters Suwari-Waza Shichi-hon	Complete (Left and Right) Complete (Left or Right) Any 4 techniques Complete (7)

APPLICATION	Kakarigeiko	Shomen-ate attack Tanto Tskiari attack
	Counters (from tanto) Combinations (from tanto)	Any 1 counter Any 1 combination
	Nin in dori	Shomen-ate attack
	Hikitatigieko	Tanto (passive)

BLUE – 1 BROWN MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right)
	Unsoku Tandoku-undo	Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Basic Kata (grasps) Counters Suwari-Waza Di-yon	Complete (Left and Right) 1-5 (Any grasp) Complete (Left or Right) Any 4 techniques 1-9
APPLICATION	Kakarigeiko	Shomen-ate attack Tanto Tskiari attack
	Counters (from tanto) Combinations (from tanto)	Any 2 Counters Any 2 Combinations
	Nin in dori	Shomen-ate attack
	Hikitatigieko	Tanto (Passive)

BLUE – 2 BROWN MON

CORE SKILLS	Ukemi	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right)
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	Unsoku Tandoku-undo	Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Basic Kata (grasps) Counters Suwari-Waza Di-yon	Complete (Left and Right) 1-10 (Any grasp) complete(Left or Right) Any 4 techniques 1-11
APPLICATION	Kakarigeiko Counters (from tanto) Combinations (from tanto) Nin in dori Hikitatigieko	Shomen-ate attack Tanto attack Any 3 Counters Any 3 Combinations Shomen-ate attack Tanto (Passive)

BLUE – 3 BROWN MON

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) Any 3 sets Any 5 sets
TECHNIQUE	Basic Kata Basic Kata (grasps) Counters Di-san Di-yon	Complete (Left and Right) 1-15 (Any grasp) Complete (Left and Right) First 6 techniques 1-13
APPLICATION	Kakarigeiko Counters (from tanto) Combinations (from tanto) Nin in dori Hikitatigieko	Shomen-ate attack Yokomen&Gyakumen Tanto Tskiari attack Any 4 Counters Any 4 Combinations Shomen-ate attack Tanto (Passive)

BROWN BELT (minimum age 14)

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Basic Kata (grasps) Counters Di-san Di-yon	Complete (Left and Right) Complete (Any grasp) Complete (Left or Right) First 8 techniques First 14 techniques
APPLICATION	Kakarigeiko Counters (from tanto) Combinations (from tanto) Nin in dori Hikitatigeiko	Shomen-ate attack Yokomen&Gyakumen Tanto attack Any 5 Counters Any 5 Combinations Shomen-ate attack From tanto (Active) Toshu