

## Adult Kyu Grade Syllabus

### 6th Kyu – White Belt

Timescale: Minimum of 20 hours consistent practice in total recommended

Core Skills	Unsoku	Complete (3 Sections)
	Ukemi	Side and Back breakfall
Technique	Randori-no-kata 1–5	Performed on candidate's 'natural' side, i.e. candidate's choice of left or right.
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> <li>5. Ushiro-ate</li> </ol>	
Application	Kakarigeiko	Single attacker: Open-handed attack which must include Shomen-ate and Shomen-uchi.

### 5th Kyu – Yellow Belt

Timescale: Minimum of 40 hours consistent practice in total recommended

Core Skills	Tandoku-undo	Sections 1–3
	Ukemi	Forward Roll
Technique	Randori-no-kata 1–10:	Performed left or right, examiner's choice
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> </ol>	

5. Ushiro-ate
6. Oshi-  
taoshi
7. Ude-  
gaeshi
8. Hiki-taoshi
9. Ude-  
garame
10. Waki-  
gatame

<b>Application</b>	Kakarigeiko	Single attacker with or without Tanto, to include Shomen and Yokomen (Aigamae and Gyakugamae) attacks.
--------------------	-------------	--

## 4th Kyu – Orange Belt

Timescale: More than 3 months as 5th Kyu recommended. Minimum of 40 hours consistent practise as 5th Kyu recommended

<b>Core Skills</b>	Tandoku-undo complete	Sections 1–5
	Ukemi	Kote-gaeshi, supported
	Shikko	Forward/Turning
<b>Technique</b>	Suwari-waza – 2 techniques	Candidate's choice, both students kneeling
	Randori-no-kata 1–14	Performed left or right, examiner's choice.
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> <li>5. Ushiro-ate</li> <li>6. Oshi-taoshi</li> <li>7. Ude-gaeshi</li> <li>8. Hiki-taoshi</li> <li>9. Ude-garame</li> <li>10. Waki-gatame</li> <li>11. Kote-hineri</li> <li>12. Kote-gaeshi</li> <li>13. Tenkai-kote-hineri</li> <li>14. Shiho-nage</li> </ol>	
<b>Application</b>	Kakarigeiko	Grasp attacks, single wrist, Aigamae and Gyakugamae.
	Kakarigeiko	Single attacker with Tanto.

## 3rd Kyu – Green Belt

Timescale: More than 3 months as 4th Kyu. Minimum of 40 hours consistent practise as 4th Kyu recommended

<b>Core Skills</b>	Ukemi	Sumi-otoshi, supported.
<b>Technique</b>	Suwari-waza – 4 techniques	Candidate's choice, both students kneeling.
	Randori-no-kata complete	(17 techniques)
	<ol style="list-style-type: none"> <li>1. Shomen-ate</li> <li>2. Ai-gamae-ate</li> <li>3. Gyaku-gamae-ate</li> <li>4. Gedan-ate</li> <li>5. Ushiro-ate</li> <li>6. Oshi-taoshi</li> <li>7. Ude-gaeshi</li> <li>8. Hiki-taoshi</li> <li>9. Ude-garame</li> <li>10. Waki-gatame</li> <li>11. Kote-hineri</li> <li>12. Kote-gaeshi</li> <li>13. Tenkai-kote-hineri</li> <li>14. Shiho-nage</li> <li>15. Mae-otoshi</li> <li>16. Sumi-otoshi</li> <li>17. Hiki-otoshi</li> </ol>	
	Randori-no-kata-no-ura-waza 1–5	Counters 1–5
	<ol style="list-style-type: none"> <li>1. Shomen-ate – Waki-gatame</li> <li>2. Ai-gamae-ate – Kote-mawashi</li> <li>3. Gyaku-gamae-ate – Gedan-ate</li> <li>4. Gedan-ate – Ai-gamae-ate</li> <li>5. Ushiro-ate – Tenkai-kote-hineri</li> </ol>	
<b>Application</b>	Kakarigeiko	Multiple attackers e.g. Ninindori, with variations of attack, open-handed.

## Hikitategeiko

Single attacker with Tanto to show movement by both parties. Tori showing continuation and combination techniques

## 2nd Kyu – Blue Belt

Timescale: More than 6 months as 3rd Kyu. Minimum of 60 hours consistent practise as 3rd Kyu recommended

Core Skills	Ukemi (floating/falling leaf)	Performed alone. Similar to Koryu-Dai-San. No. 1 Suwari-waza.
	Randori-no-kata	
Technique	Shichi-hon-no-kuzushi 1–7	To show balance disturbance, circular movement and control – no breakfalls
	Randori-no-kata-no-ura-waza complete	Counters 1–10 (10 techniques)
Application	Kakarigeiko	Ninindori – mixed attacks, open-handed and grasps
	Randori	Single attacker with Tanto – Uke to use counters (variations of first five techniques of the Randori-no-Kata)

## 1st Kyu – Brown Belt

Timescale: More than 9 months as 2nd Kyu. Minimum of 120 hours consistent practise as 2nd Kyu recommended

Core Skills	Shichi-hon-no-kuzushi	To show balance disturbance, circular movement and control.
-------------	-----------------------	---

	1–14	
	Randori-no-kata	
	Kuzushi	Demonstration of up to three balance disturbances for Randori.
Technique	Koryu-dai-san	Suwari-waza Section A (8 techniques)
	<ol style="list-style-type: none"> <li>1. Oshi-taoshi</li> <li>2. Gyaku-gamae-ate</li> <li>3. Kote-gaeshi</li> <li>4. Ryote-mochi-sukui-nage</li> <li>5. Tenkai-kote-hineri</li> <li>6. Shiho-nage</li> <li>7. Gedan-ate</li> <li>8. Hiji-kime</li> </ol>	
Application	Hikitategeiko	Empty-handed (Toshu). Tori showing continuation and combination techniques

## Note

Character and attitude will be considered at each level. These include participation as a student in competitions and/or courses.

Issue 2005/1: 20.03.05




---

## Latest Events and Information

### [Membership Renewal](#)

You can now pay for your BAA Individual and Club Membership Renewal online here via paypal. Multiple renewals can be made by clicking "add to cart", then once in your paypal basket click "continue"

---