

Shodan test requirements

TACHI WAZA

Ikkyo~ Gokyo

- Shomen uchi (Omote/Ura waza)

Shihonage

- 5 different attacks (omote/ura waza)

Iriminage

- From 5 different attacks

Kotegaeshi

- From 5 different attacks

Kaiten nage

- 5 different forms

Kokyunage

- 5 different forms

Jujigarami

- Morote dori
- Ushiro ryote dori
- Yokomen uchi

Ushiro

- Ryote dori – 5 techniques
- Ryokata dori- 3 techniques
- Kubishime- 3 techniques

Ni Nin Dori

- Morote dori – 3 techniques

Henka Waza

- Katate dori shihonage- 5 forms
- Katate dori Kotegaeshi- 5 forms
- Katate dori Iriminage- 5 forms

BUKIWAZA

Ken

- Kunitachi 1~5 & Ki musubi no Tachi
- Kunitachi henka waza - 5 forms
- Tachi dori- 5 techniques

Jo

- 31 Kumijo
- Kumijo 1 ~ 10
- Jo dori – 5 forms
- Jo nage – 5 forms

Tanto

- Tsuki - 2 techniques
- Shomen Uchi - 2 techniques
- Yokomen Uchi - 2 techniques
- Ushiro - 2 techniques

Jiyu Waza

- Against all strikes and grabs
- w/ 2 attackers
- w/ 3 attackers

