

Level	Days of Practice	I kyo	Ni kyo	San kyo	Yon kyo	Go kyo	Siho nage	Irimi nage	Kotegaeshi	Kaiten nage	Tenchi nage	Jiyu waza	Kokyu ho
Go kyu (5)	30 days of practice	Shomen uchi					Katate dori	Shomen uchi					Suwari waza
Yon kyu (4)	40 days of practice from 5 kyu	Shomen uchi	Kata dori				Yokomen uchi	Shomen uchi					Suwari waza
San kyu (3)	50 days of practice from 4 kyu	Shomen uchi in Suwari waza and tachi waza					Ryote dori / Yokomen uchi	Shomen uchi / Tsuki			Ryote dori		Suwari waza
Ni kyu (2)	50 days from 3 kyu	Shomen uchi / Kata dori in Suwari waza and tachi waza					Katate dori in Hanmi handachi	Shomen uchi / Tsuki / Katate dori		Katate dori	Ryote dori	Katate dori	Suwari waza
I kyu (1)	60 days from 2 kyu	Shomen uchi / Yokomen uchi / Kata dori / Usiro ryote dori in Suwari waza and tachi waza				Yokomen uchi	Katate dori / Ryote dori in Suwari waza and hanmi handachi	Shomen uchi / Tsuki / Katate dori			Ryote dori	Katate dori / Ryote dori / Morote dori	Suwari waza / tachi waza
Sho-dan	60 days from 1 kyu	Toshu giho (from any kind of attack) - Suwari waza / tachi waza / hanmi handachi											
Ni-dan	1 year from sho-dan (>200 days practice)	Tanto dori / Ninin gake (with a short sword and 2 person attack)											
San-dan	2 years from ni-dan (>300 days practice)	Tachi dori / Jo dori / Taninzu-gake (with a sword, jo and more than 2 person attack)											
Yon-dan	2 years from san-dan (>300 days practice)	Jiyu waza / essay											

Note: You have to make sure you have enough days of practice and give us an examination form and fee at least 3 days before the exam.

Suwari waza = both uke and nage sitting

Tachi waza = both uke and nage standing

Hanmi handachi = uke standing, nage sitting

Jiyu waza = free demonstration