

<p style="text-align: center;">Syllabus Requirement shown when technique first appears.</p> <p style="text-align: center;">Not cumulative</p>	<p style="text-align: center;"><b>5th Kyu</b></p> <p style="text-align: center;">Minimum of 40 Hours practice</p> <p>Shomen uchi</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Iriminage</li> </ul> <p>Katatedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p>Zagi Kokyuhō</p>	<p style="text-align: center;"><b>4th Kyu</b></p> <p style="text-align: center;">Minimum of 60 Hours practice after obtaining 5th Kyu.</p> <p>As previous grade plus:</p> <p>Katadori</p> <ul style="list-style-type: none"> <li>• Nikyo</li> </ul> <p>Yokomen uchi</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p>Zagi Kokyuhō</p>
<p style="text-align: center;"><b>3rd Kyu</b></p> <p style="text-align: center;">Minimum of 70 Hours practice after obtaining 4th Kyu.</p> <p>As previous grade plus:</p> <p><u>Zagi</u></p> <p>Shomen uchi</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Tachi waza</u></p> <p>Shomen uchi</p> <ul style="list-style-type: none"> <li>• Sankyo</li> <li>• Yonkyo</li> <li>• Kotegaeshi</li> </ul> <p>Tsuki</p> <ul style="list-style-type: none"> <li>• Iriminage</li> <li>• Kotegaeshi</li> </ul> <p>Ryotedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> <li>• Tenchinage</li> </ul> <p>Zagi Kokyuhō</p>	<p style="text-align: center;"><b>2nd Kyu</b></p> <p style="text-align: center;">Minimum of 80 Hours practice after obtaining 3rd Kyu.</p> <p>As previous grade plus:</p> <p><u>Zagi</u></p> <p>Katadori</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Hanmihandachi</u></p> <p>Katatedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p><u>Tachi waza</u></p> <p>Katadori</p> <ul style="list-style-type: none"> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p>Katatedori</p> <ul style="list-style-type: none"> <li>• Iriminage</li> <li>• Kotegaeshi</li> <li>• Kaiten nage</li> <li>• Jiyuwaza</li> </ul> <p>Zagi Kokyuhō</p>	<p style="text-align: center;"><b>1st Kyu</b></p> <p style="text-align: center;">Minimum of 100 Hours practice after obtaining 2nd Kyu.</p> <p>As previous grade plus:</p> <p><u>Zagi</u></p> <p>Yokomen-uchi</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Hanmihandachi</u></p> <p>Ryotedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p><u>Tachiwaza</u></p> <p>Shomen-uchi</p> <ul style="list-style-type: none"> <li>• Kaiten-nage</li> </ul> <p>Yokomen-uchi</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> <li>• Gokyo</li> </ul> <p>Tsuki</p> <ul style="list-style-type: none"> <li>• Kaiten-nage</li> </ul> <p>Ryotedori &amp; Morotedori</p> <ul style="list-style-type: none"> <li>• Jiyuwaza</li> </ul> <p>Ushiro Ryotedori</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p>Zagi and Tachiwaza: Kokyuhō</p>
<div style="border: 1px dashed black; padding: 5px;"> <p>Read the <b>Notes</b> on the LA website for the Syllabus</p> <ul style="list-style-type: none"> <li>• Examiner may specify additional techniques as necessary.</li> <li>• Be sure you have the required days / hours between grades.</li> <li>• Attendance on Courses</li> <li>• Partners (Uke) in an examination should be of the same rank</li> <li>• Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".</li> </ul> </div>		