

Kyu Test	Minimum Classes	Minimum Weeks	Locking & Pinning Kihon + 2 variations	Throwing Kihon + 2 variations	Suwari Waza Kokyu Hoo	Falling	Weapons
2 nd to 1 st Kyu	32	16	Rokyo Omote & Ura Tachi & Suwari	Kubi nage & Hanmi handachi	SWKH Yonkyo		Ken Awaze Right&Left, 5 th &7 th
3 rd to 2 nd Kyu	32	16	Gokyo Ura Tachi & Suwari	Tenchi Nage & Juuji Garami	SWKH Lapels #2		Ken Suburi #7 Jo Suburi 17-20
4 th to 3 rd Kyu	32	16	Yonkyo Omote & Ura Tachi & Suwari	Kaiten Nage	SWKH Lapels #1	Forward Rolls	Ken Suburi #6 Jo Suburi 14-16
5 th to 4 th Kyu	32	16	Shionage based katami waza Omote & Ura	Shionage based Kokyu nage	SWKH Lifting		Ken Suburi #5 Jo Suburi 11-13
6 th to 5 th Kyu	32	16	Sankyo Omote & Ura Tachi & Suwari	Shionage Omote & Ura	SWKH Push Down #2		Ken Suburi #4 Jo Suburi 9-10
7 th to 6 th Kyu	32	16	Nikkyo Omote & Ura Tachi & Suwari	Kote Gaeshi	SWKH Push Down #1		Ken Suburi #3 Jo Suburi 6-8
8 th to 7 th Kyu	32	16	Ikkyo Omote & Ura Tachi & Suwari	Irimi Nage	SWKH On Top Tai No Henko Ki no Nagare		Ken Suburi #2 Jo Suburi 3-5
Pre Kyu	36	18	Locking & Pinning Kihon attack	Throwing Kihon attack			
Red Stripe						Sit Fall	
Black Stripe	8		Ikkyo Omote & Ura	Morote Dori Kokyu Hoo	Tai No Henko SWKH Kihon		
Yellow Stripe	4			Irimi Nage			
Brown Stripe	4			Kote Gaeshi			
Blue Stripe	6			Shiho Nage			
Green Stripe	4			Kaiten Nage			
Beige Stripe	4			Juuji Garami			
Silver Stripe	6						Ken Suburi #1 Right & Left Jo Choku Tsuki & Kaeshi Tsuki