



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			Locking & Pinning Kihon attack	Throwing Kihon attack			
SILVER BELT	16	8					
(Black Stripe)			Ikkyo Omote & Ura	Morote Dori Kokyu Hoo	Tai No Henko SWKH Kihon		
(Silver Stripe)							Ken Suburi #1 Right & Left Jo Choku Tsuki & Kaeshi Tsuki
(Red Stripe)						Sit Fall	
Then do:							
Yellow Stripe	4	2		Irimi Nage	+ review of silver belt techniques		
Brown Stripe	4	2		Kote Gaeshi	+ review of silver belt techniques		
Blue Stripe	6	3		Shiho Nage	+ review of silver belt techniques		
Green Stripe	4	2		Kaiten Nage	+ review of silver belt techniques		
Beige Stripe	4	2		Juuji Garami	+ review of silver belt techniques		

Notes:

Grading includes assessment of etiquette (formality & respect) and the demonstration of safety on the mat for both the student and others.

Silver Belt must be achieved before additional stripes are assessed.

FOR ONLINE STUDENTS, eligibility for 8th Kyu assessment requires a minimum of 20 weeks/50 classes which includes having achieved all pre-kyu grade techniques as listed above.