

# KAI SHIN KAI SHODAN GRADING TECHNIQUES

Club Instructors and potential Candidates should familiarise themselves with the techniques listed.

Prior to the Annual Gradings a selection of 45 techniques will be chosen from the following list. It is up to Candidates to be conversant with all the technique names used on this sheet.

The first six techniques will be basic and any failure at this point will result in the Candidate being removed from the grading.

## SECTION ONE

5 <sup>th</sup> KYU (TACHI DORI)			4 <sup>th</sup> KYU (TACHI DORI Cont'd)		
1.*	IKKYO	from Ai-katate dori	6.*	SHIHO-NAGE	from Yokomenuchi
1.*	NIKYO	from Ai-katate dori	6	KOKYU-NAGE	from Yokomenuchi
1.*	KOTE-GAESHI	from Ai-katate dori	6	SOKUMEN	from Yokomenuchi
1.*	IRIMI-NAGE	from Ai-katate dori			
1.*	SHIHO-NAGE	from Ai-katate dori	7.*	KOTE-GAESHI	from Chudan-tsuki
1	SOKUMEN	from Ai-katate dori	7.*	IRIMI-NAGE	from Chudan-tsuki
			7	SOKUMEN	from Chudan-tsuki
			7	SUMI-OTOSHI	from Chudan-tsuki
			7	TENCHI-NAGE	from Chudan-tsuki
2.*	IKKYO	from Gyaku-katate dori			
2.*	NIKYO	from Gyaku-katate dori			
2.*	KOTE-GAESHI	from Gyaku-katate dori			
2.*	IRIMI-NAGE	from Gyaku-katate dori			
2.*	SHIHO-NAGE	from Gyaku-katate dori			
3	KOKYU-NAGE	from Gyaku-katate dori	8.*	SANKYO	from Ai-katate dori
3	SUMI-OTOSHI	from Gyaku-katate dori	8.*	SANKYO	from Gyaku-katate dori
3	TENCHI-NAGE	from Gyaku-katate dori	8.*	SANKYO	from Shomenuchi
3	SOKUMEN	from Gyaku-katate dori	8.*	SANKYO	from Ryote dori
3	KOKYU-NAGE	from Ai-katate dori	8.*	SANKYO	from Ushiro-ryote dori
			8.*	SANKYO	from Ushiro-ryo-kata dori
3	KOKYU-NAGE	from Ai-katate dori	9.*	YONKYO	from Ai-katate dori
			9.*	YONKYO	from Gyaku-katate dori
4.*	IKKYO	from Shomenuchi	9.*	YONKYO	from Shomenuchi
4.*	NIKYO	from Shomenuchi	9.*	YONKYO	from Ryote dori
4.*	KOTE-GAESHI	from Shomenuchi			
4.*	IRIMI-NAGE	from Shomenuchi			
4.*	SHIHO-NAGE	from Shomenuchi	10.	MAI-OTOSHI	from Ai-katate dori
			10.	MAI-OTOSHI	from Gyaku-katate dori
			10.	MAI-OTOSHI	from Shomenuchi
5	KOKYU-NAGE	from Shomenuchi	10.	MAI-OTOSHI	from Yokomenuchi
5	SOKUMEN	from Shomenuchi	10.	MAI-OTOSHI	from Chudan-tsuki
5	SUMI-OTOSHI	from Shomenuchi	10.	MAI-OTOSHI	from Ryote dori
5	TENCHI-NAGE	from Shomenuchi			
			11.*	IKKYO	from Ryote dori
6.*	IKKYO	from Yokomenuchi	11.*	NIKYO	from Ryote dori
6.*	NIKYO	from Yokomenuchi	11.*	KOTE-GAESHI	from Ryote dori
6.*	KOTE-GAESHI	from Yokomenuchi	11.*	IRIMI-NAGE	from Ryote dori
6.*	IRIMI-NAGE	from Yokomenuchi	11.*	SHIHO-NAGE	from Ryote dori

	<b>3<sup>rd</sup> KYU (TACHI DORI Cont'd)</b>		<b>2<sup>nd</sup> /1<sup>st</sup> KYU (TACHI DORI)</b>		
12.	KOKYU-NAGE	from Ryote dori	19.*	IKKYO	from Ushiro-ryo-hiji dori
12.	SOKUMEN	from Ryote dori	19.*	KOTE-GAESHI	from Ushiro-ryo-hiji dori
12.	SUMI-OTOSHI	from Ryote dori	19.	KOKYU-NAGE	from Ushiro-ryo-hiji dori
12.	TENCHI-NAGE	from Ryote dori	19.	SOKUMEN	from Ushiro-ryo-hiji dori
			19.*	IKKYO	from Ushiro-eri dori
13.*	IKKYO	from Ushiro-ryote dori	19.*	IRIMI-NAGE	from Ushiro-eri dori
13.*	KOTE-GAESHI	from Ushiro-ryote dori			
13.*	SHIHO-NAGE	from Ushiro-ryote dori	20.	HIJI-SHIME	from Chudan-tsuki
13.	KOKYU-NAGE	from Ushiro-ryote dori	20.	HIJI-SHIME	from Jodan-tsuki
13.	SOKUMEN	from Ushiro-ryote dori	20.	HIJI-SHIME	from Ushiro-ryote dori
13.*	IKKYO	from Ushiro-ryo-kata dori	20.	HIJI-SHIME	from Kata dori
13.	KOKYU-NAGE	from Ushiro-ryo-kata dori	20.	HIJI-SHIME	from Mune dori
			20.	HIJI-SHIME	from Ryo-mune dori
14.*	IKKYO	from Kata dori			
14.*	NIKYO	from Kata dori		<b>1<sup>st</sup> KYU (TACHI DORI)</b>	
14.*	SOKUMEN	from Kata dori	21.	KOSHI-NAGE	from Ai-katate dori
14.*	IKKYO	from Kata-dori-shomenuchi	21.	KOSHI-NAGE	from Gyaku-katate dori
14.*	NIKYO	from Kata-dori-shomenuchi	21.	KOSHI-NAGE	from Shomenuchi
14.*	IRIMI-NAGE	from Kata-dori-shomenuchi	21.	KOSHI-NAGE	from Jodan-tsuki
14.*	SHIHO-NAGE	from Kata-dori-shomenuchi			
			22.	KOSHI-NAGE	from Ryote dori
	<b>2<sup>nd</sup> KYU (TACHI DORI)</b>		22.	KOSHI-NAGE	from Ushiro-ryote dori
15.*	IKKYO	from Morote dori	22.	KOSHI-NAGE	from Morote dori
15.*	NIKYO	from Morote dori	22.	KOSHI-NAGE	from Ushiro-katate-dori-kube-shime
15.*	KOTE-GAESHI	from Morote dori			
15.*	IRIMI-NAGE	from Morote dori	23.*	UCHI-KAITEN-NAGE	from Gyaku-katate dori
15.*	SHIHO-NAGE	from Morote dori	23.*	SOTO-KAITEN-NAGE	from Gyaku-katate dori
			23.*	SOTO-KAITEN-NAGE	from Ryote dori
16.	KOKYU-NAGE	from Morote dori	23.*	UCHI-KAITEN-NAGE	from Hiji dori
16.	SOKUMEN	from Morote dori			
16.	YONKYO	from Morote dori	24.	AIKI-NAGE	from Shomenuchi
16.	MAI-OTOSHI	from Morote dori	24.	AIKI-OTOSHI	from Ushiro-ryote dori
			24.	AIKI-OTOSHI	from Ushiro-ryo-hiji dori
17.*	IKKYO	from Hiji dori	24.	AIKI-OTOSHI	from Ushiro-ryo-kata dori
17.*	NIKYO	from Hiji dori	24.	KOKYU-NAGE	from Ryo-mune/Ryo-kata dori
17.*	SHIHO-NAGE	from Hiji dori	24.	KOKYU-NAGE	from Ushiro-katate-dori-kube-shime
17.	SOKUMEN	from Hiji dori			
17.	TENCHI-NAGE	from Hiji dori	25.*	KOTE-GAESHI	from Mune dori
			25.	SOKUMEN	from Mune dori
18.	GOKYO	from Shomenuchi	25.*	IKKYO	from Ryo-mune/Ryo-kata dori
18.	GOKYO	from Yokomenuchi	25.*	NIKYO	from Ryo-mune/Ryo-kata dori
18.	GOKYO	from Kata-dori-shomenuchi	25.*	IKKYO	from Mune-dori-shomenuchi
18.*	IKKYO	from Jodan-tsuki	25.*	NIKYO	from Mune-dori-shomenuchi
18.*	IRIMI-NAGE	from Jodan-tsuki			

<b>HANMI-HANDACHI-WAZA</b>			<b>SUWARI-WAZA (Cont'd)</b>		
26.*	KOTE-GAESHI	from Gyaku-katate dori	33.*	IKKYO	from Yokomenuchi
26.*	IRIMI-NAGE	from Gyaku-katate dori	33.*	NIKYO	from Yokomenuchi
26.*	SHIHO-NAGE	from Gyaku-katate dori	33.*	IRIMI-NAGE	from Yokomenuchi
26.	KOKYU-NAGE	from Gyaku-katate dori	33.*	SANKYO	from Yokomenuchi
26.	SOKUMEN	from Gyaku-katate dori	33.*	GOKYO	from Yokomenuchi
26.*	UCHI-KAITEN-NAGE	from Gyaku-katate dori	33.*	IKKYO	from Jodan-tsuki
26.*	SOTO-KAITEN-NAGE	from Gyaku-katate dori	33.*	IRIMI-NAGE	from Jodan-tsuki
			33.*	HIJI-SHIME	from Jodan-tsuki
27.*	IKKYO	from Kata dori			
27.*	NIKYO	from Kata dori	34.*	IKKYO	from Kata dori
27.*	YONKYO	from Kata dori	34.*	NIKYO	from Kata dori
27.	HIJI-SHIME	from Kata dori	34.*	HIJI-SHIME	from Kata dori
			34.*	IKKYO	from Hiji dori
28.*	KOTE-GAESHI	from Shomenuchi	34.*	NIKYO	from Hiji dori
28.*	IRIMI-NAGE	from Shomenuchi	34.*	SOKUMEN	from Hiji dori
28.	SOKUMEN	from Shomenuchi	34.*	KATA-GATAME	from Hiji dori
28.	IRIMI-NAGE	from Jodan-tsuki			
28.*	SHIHO-NAGE	from Jodan-tsuki	35.	KOKYO-HO	from Ryote dori
28.	HIJI-SHIME	from Jodan-tsuki			
			<b>SECTION TWO – 1<sup>ST</sup> KYU &amp; SHODAN - TANTO-DORI</b>		
	<b>SUWARI-WAZA</b>			(Uke to take tanto)	
29.*	IKKYO	from Ai-katate dori	36.*	KOTE-GAESHI	from Yokomenuchi
29.*	NIKYO	from Ai-katate dori	36.*	KOTE-GAESHI	from Chudan-tsuki
29.*	KOTE-GAESHI	from Ai-katate dori			
29.*	IRIMI-NAGE	from Ai-katate dori	37.	SOKUMEN	from Shomenuchi
			37.	SOKUMEN	from Chudan-tsuki
30.	SOKUMEN	from Gyaku-katate dori			
30.*	IKKYO	from Gyaku-katate dori	38.	GOKYO	from Yokomenuchi
30.*	NIKYO	from Gyaku-katate dori	38.	GOKYO	from Kata-dori-shomenuchi
30.*	IRIMI-NAGE	from Gyaku-katate dori	38.	GOKYO	from Mune-dori-shomenuchi
31.*	IRIMI-NAGE	from Morote dori	39.	HIJI-SHIME	from Jodan-tsuki
31.*	IKKYO	from Ryote dori	39.	HIJI-SHIME	from Chudan-tsuki
31.*	NIKYO	from Ryote dori			
31.*	IRIMI-NAGE	from Ryote dori	40.	Free choice of defence against Shomen-ate	
31.*	YONKYO	from Ryote dori	40.	Free choice of defence against Gyaku-yoko Giri	
32.*	IKKYO	from Shomenuchi	<b>FOLLOWED BY:</b>		
32.*	NIKYO	from Shomenuchi	<b>NINNIN DORI (in a spirited manner)</b>		
32.*	KOTE-GAESHI	from Shomenuchi			
32.*	IRIMI-NAGE	from Shomenuchi			
32.*	SANKYO	from Shomenuchi			
32.*	YONKYO	from Shomenuchi			
32.	GOKYO	from Shomenuchi			

## Notes:

- All techniques marked with an asterisk (\*) are to be performed in OMOTE and URA (IRIMI and TENKAN) variants.  
Applies to: IKKYO, NIKYO, SANKYO, YONKYO, IRIMI-NAGE, KOTE-GAESHI, & SHIHO-NAGE

Ukes please remember that you are working with the candidates and should not be overly obstructive or awkward in your attacks.

- Weapons Taking / Disarming:

Candidates should also practice weapons disarming from:

JO: TSUKI and STRIKE attacks.

BOKKEN: SHOMENUCHI and YOKOMENUCHI attacks.

TANTO: TSUKI, SHOMENUCHI and YOKOMENUCHI attacks.

CHAIN: YOKOMENUCHI/SLASHING style attacks.

- Defences can be: IKKYO, NIKYO, SANKYO, YONKYO, IRIMI-NAGE, KOTE-GAESHI, SHIHO-NAGE, & KOKYU-NAGE