

## JAA/USA Kyu Grade Curriculum

### **6th Kyu (no minimum time requirement) – White Belt**

Unsoku  
Kouhou ukemi (standing)  
Yoko ukemi (standing)  
Tegatana dousa  
Zenpou kaiten ukemi (on one knee and standing)  
Standing breakfall

### **5th Kyu (more than 40 hrs practice after 6th kyu)**

Suwari waza Shomenuchi - oshitaoshi osae  
Kihon waza Atemi waza (shomenate, aigamaeate, gyakugamaeate, gedanate, ushiroate) – **3 variations:** using tegatana (handblade), aigamae katatedori (right hand grasp to right wrist, or left to left), and gyakugamae katatedori (left hand grasp to right wrist, or right to left)  
Kihon no tsukuri Atemi waza, hontai no tsukuri (shomenate, aigamaeate)  
Kansetsu waza, tegatana jodan no tsukuri (oshitaoshi, hikitaoshi)

### **4th Kyu (more than 40 hrs practice after 5th kyu)**

Suwari waza Shomenuchi - oshitaoshi gyakutedori kotehineri osae  
Kihon waza Hiji waza (oshitaoshi, udegaeshi, hikitaoshi, udehineri, wakigatame, wakigatame) – **3 variations:** using tegatana (handblade), aigamae katatedori (right hand grasp to right wrist, or left to left), and gyakugamae katatedori (left hand grasp to right wrist, or right to left)  
Kihon no tsukuri Atemi waza, hontai no tsukuri (gyakugamaeate, gedanate, ushiroate)  
Kansetsu waza, tegatana gedan no tsukuri (tenkai kotegaeshi, kotegaeshi)

### **3rd Kyu (more than 40 hrs practice after 4th kyu)**

Suwari waza Shomenuchi - oshitaoshi juntedori kotehineri osae  
Kihon waza Tekubi waza (kotehineri, kotegaeshi, tenkai kotehineri, tenkai kotegaeshi) – **3 variations:** using tegatana (handblade), aigamae katatedori (right hand grasp to right wrist, or left to left), and gyakugamae katatedori (left hand grasp to right wrist, or right to left)  
Nage waza Nage no kata omote waza (go no sen no kuzushi)  
Kihon no tsukuri Atemi waza, hontai no tsukuri  
Kansetsu waza, nigiri gaeshi jodan no tsukuri

## 2nd kyu (more than 60 hrs practice after 3rd kyu)

Suwari waza Shomenuchi - oshitaoshi tekubi osae

Kihon waza Uki waza (maeotoshi, sumiotoshi, hikiotoshi)

**3 variations:** using tegatana (handblade),

aigamae katatedori (right hand grasp to right wrist, or left to left), and

gyakugamae katatedori (left hand grasp to right wrist, or right to left)

Nage waza Nage no kata ura waza (go no sen no kuzushi)

Kihon no tsukuri Atemi waza, shouki no tsukuri (shomenate, aigamaeate)

Kansetsu waza, nigiri gaeshi gedan no tsukuri

## 1st Kyu (more than 60 hrs practice after 2nd kyu)

Kihon waza Randori kihon waza (uke without tanto)

Kihon ura waza Atemi waza no ura (wakigatame, oshitaoshi, gedanate, aigamaeate, tenkai kotehineri)

Kansetsu waza no ura (oshitaoshi, tenkai kotehineri, kotegaeshi, wakigatame, tenkai kotegaeshi)

Kihon no tsukuri Atemi waza, shouki no tsukuri (gyakugamaeate, gedanate, ushiroate)

Kansetsu waza, hiji mochi no tsukuri

jodan (juntedori, yakutedori)

gedan (juntedori, yakutedori)

Randori hou taisabaki (against tanto)

- without using hands

- using tegatana

## Notes

1. Kihon no tsukuri must be done twice on both left and right sides.  
The second time the technique must be completed without stopping.

2. Tsukuri practice.

(a) Atemi waza - hontai no tsukuri - in five directions from the correct distance

- shouki no tsukuri - in five directions at the time of uke's feet touching down

- tsukuri from taisabaki - in six directions after taisabaki

(b) Kansetsu waza - tegatana no tsukuri - aigamae and gyakugamae, jodan (eye level) and gedan (knee level)

- nigirigaeshi no tsukuri - jodan and gedan, junte and yakute grips

- hiji mochi no tsukuri - junte and yakute grips using both hands, in front of and behind uke.