



KOKORO KAI JU-JITSU ASSOCIATION



NIDAN REQUIREMENTS

Students will take an anatomy test on the day of the grading. They will also be required to be the correct level in Ko-Budo . No students will grade unless they are wearing a clean Gi with appropriate badges.

1. LEFT HANDED THROWS (10)
2. CIRCLE TRAINING
3. DEFENCE AGAIN LEFT/RIGHT PUNCHES/KICKS/GRABS (RANDORI STYLE)
4. 1-11 ADVANCED LOCKING TECHNIQUES
5. 1-11 WRIST AND ARMLOCKS INCORPORATING APPLICATIONS
6. BATON TECHNIQUES – 8 NEW ADVANCED/ 6 OF OWN CHOICE
7. DEFENCE AGAINST BATON – 6 OF OWN CHOICE
8. KNIFE TECHNIQUES (16) - ADVANCED
9. DEFENCE AGAINST HAND GUN THREAT (9)
- 10.SYLLABUS TEST (KYU GRADE) – RANDOM SELECTION BY EXAMINER X 5
- 11.MODULES (1 for each Kyu Grade)
- 12.YELLOW BELT KATA (three person)
- 13.YELLOW TO GREEN BELT KATA
14. NOVICE KATA
- 15.SHORT STANCE KATA
- 16.LONG STANCE KATA
- 17.LINKING HANDS KATA
- 18.NUNCHAKU KATA
- 19.TONFA KATA
- 20.1st SAI KATA
- 21.2nd SAI KATA
- 22.KAMA
- 23.BO PAIRS
- 24.KATANA PRESENTATION
- 25.KATANA LONG STANDING KATA
- 26.KATANA DE-PRESENTATION