



KOKORO KAI JU-JITSU ASSOCIATION



SANDAN REQUIREMENTS

All students will take a 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. 12-22 WRIST AND ARMLOCKS INCORPORATING WRIST LOCK APPLICATIONS
2. 12-22 ADVANCE LOCKING TECHNIQUES
3. KNIFE DEFENCE (8)
4. BATON TECHNIQUES (8) ALSO DEFENCE AGAINST BATON (6)
5. GUN DEFENCE (9)
6. TONFA DEFENCE AGAINST KNIFE (10)
7. SYLLABUS TECHNIQUES (6) EXAMINER TO CHOOSE
8. MODULES (2 FROM EACH KYU GRADE)

KATA

9. 2nd BLOCKING KATA
10. 3rd BLOCKING KATA
11. SAMURAI KATA
12. EXAMINER TO CHOOSE 3 KATA FROM ALL PREVIOUS KATA

KO-BUDO

13. NAGINATA
14. NUNCHAKU KATA 2
15. KATANA PRESENTATION
16. KATANA KATA'S 1-4
17. KATANA LONG STANDING KATA
18. KATANA DE-PRESENTATION
19. EXAMINER TO CHOOSE 3 KATA FROM ALL PREVIOUS KATA

OKINAWAN BO

21. STANCES
22. BLOCKS
23. STRIKES
24. FIXED KUMITE
25. 1st OKINAWAN BO KATA