



KOKORO KAI JU-JITSU ASSOCIATION

YONDAN REQUIREMENTS

All 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 student will be allowed to grade unless wearing a clean Gi, with appropriate badges.

1. 23-33 WRIST AND ARMLOCKS INCORPORATING WRIST LOCK APPLICATIONS.
2. 23-33 ADVANCED LOCKING TECHNIQUES
3. KNIFE TECHNIQUES (8)
4. STUDENTS TECHNIQUES (10) ANY DEFENCE 4, KNIFE DEFENCE 3, BATON DFENCE 3.
5. TONFA DEFENCE AGAINST KNIFE (10)
6. TONFA DEFENCE AGAINST JO
7. DFENCE AGAINST HAND GUN (9)
8. HO-JO JUTSU
9. MODULES (3 from each kyu grade)

KATA

10. SAMURAI KATA
11. EXAMINER TO CHOOSE THREE KATA FROM PREVIOUS

KO-BUDO

12. NUNCHAKU 2nd KATA
13. SAI 3rd KATA
14. KATANA PRESENTATION
15. KATANA KATA 1-7
16. KATANA LONG STANDING KATA
17. KATANA DE-PRESENTATION
18. JO & BOKKEN
19. EXAMINER TO CHOOSE THREE KATA FROM PREVIOUS

OKINAWAN BO

20. STANCES
21. BLOCKS
22. STRIKES
23. FIXED KUMITE
24. CONTINOUS KUMITE
25. 1st OKINAWAN BO KATA
26. 2nd OKINAWAN BO KATA