**SUSUMU RYU 9TH Kyu ORANGE BELT**

**MINIMUM TRAINING TIME 3 MONTHS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS*** | N/A |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 15X10*** |  |  |  |  |
| ***SIT UPS 15X10*** |  |  |  |  |
| ***SQUATS 50X3*** |  |  |  |  |
| ***HAND STRIKES - PADS*** |  |  |  |  |
| ***JAB*** |  |  |  |  |
| ***CROSS*** |  |  |  |  |
| ***HOOK*** |  |  |  |  |
| ***UPPERCUT*** |  |  |  |  |
| ***KICKS - SHIELD*** |  |  |  |  |
| ***FRONT*** |  |  |  |  |
| ***LOW ROUND*** |  |  |  |  |
| ***INSIDE LOW ROUND*** |  |  |  |  |
| ***MIDDLE ROUND*** |  |  |  |  |
| ***HIGH ROUND*** |  |  |  |  |
| ***GUARD & STANCE*** |  |  |  |  |
| ***FEET*** |  |  |  |  |
| ***HANDS*** |  |  |  |  |
| ***BREAKFALLS*** |  |  |  |  |
| ***REAR*** |  |  |  |  |
| ***SIDE*** |  |  |  |  |
| ***CONTESTING 3X2*** |  | L | D | W |
| ***SPARRING ROUND 1*** |  |  |  |  |
| ***SPARRING ROUND 2*** |  |  |  |  |
| ***SPARRING ROUND 3*** |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU 8TH Kyu Blue BELT**

**MINIMUM TRAINING TIME 6 MONTHS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS ON THIS DAY*** |  |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 20X10*** |  |  |  |  |
| ***SIT UPS 20X10*** |  |  |  |  |
| ***SQUATS 50X4*** |  |  |  |  |
| ***HAND STRIKES - PADS*** |  |  |  |  |
| ***RIP*** |  |  |  |  |
| ***OVERHAND*** |  |  |  |  |
| ***ELBOW 1*** |  |  |  |  |
| ***ELBOW 2*** |  |  |  |  |
| ***KICKS - SHIELD*** |  |  |  |  |
| ***SIDE KICK*** |  |  |  |  |
| ***HOOK KICK*** |  |  |  |  |
| ***TURNING KICK*** |  |  |  |  |
| ***DEFENCE - PARTNER*** |  |  |  |  |
| ***PARRY*** |  |  |  |  |
| ***SLIP*** |  |  |  |  |
| ***WEAVE*** |  |  |  |  |
| ***CHECK*** |  |  |  |  |
| ***BREAKFALLS*** |  |  |  |  |
| ***FRONT ROLL*** |  |  |  |  |
| ***BACK ROLL*** |  |  |  |  |
| ***CONTESTING 5X2*** |  |  |  |  |
| ***SPARRING ROUND 4*** |  |  |  |  |
| ***SPARRING ROUND 5*** |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU 7TH Kyu YELLOW BELT**

**MINIMUM TRAINING TIME 12 MONTHS/ 1 YEAR**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS ON THIS DAY*** |  |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 35X10*** |  |  |  |  |
| ***SIT UPS 35X10*** |  |  |  |  |
| ***SQUATS 50X5*** |  |  |  |  |
| ***SQUATS 50X5*** |  |  |  |  |
| ***RUNNING 5KM 30MIN*** |  |  |  |  |
| ***HAND STRIKES - PADS*** |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***KICKS - SHIELD*** |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***BREAKFALLS*** |  |  |  |  |
| ***FRONT FALL*** |  |  |  |  |
| ***CARTWHEEL*** |  |  |  |  |
| ***THROWING*** |  |  |  |  |
| ***OSOTO GARI*** |  |  |  |  |
| ***IPPON SEOINAGE*** |  |  |  |  |
| ***TAI OTOSHI*** |  |  |  |  |
| ***O GOSHI*** |  |  |  |  |
| ***KOSHI GURUMA*** |  |  |  |  |
| ***YOKO WAKARE*** |  |  |  |  |
| ***TOMOE NAGI*** |  |  |  |  |
| ***HARAI GOSHI*** |  |  |  |  |
| ***KANI BASAMI*** |  |  |  |  |
| ***UCHI MATA*** |  |  |  |  |
| ***SEOI OTOSHI*** |  |  |  |  |
| ***GROUND*** |  |  |  |  |
| ***KESA GATAME*** |  |  |  |  |
| ***KATA GATAME*** |  |  |  |  |
| ***JUJI GATAME 1*** |  |  |  |  |
| ***JUJI GATAME 2*** |  |  |  |  |
| ***JUJI GATAME 3*** |  |  |  |  |
| ***UDI GARAMI*** |  |  |  |  |
|  |  |  |  |  |
| ***TRIPLE CONTESTING*** |  | L | D | W |
| ***STANDING 1*** |  |  |  |  |
| ***THROWING 1*** |  |  |  |  |
| ***GRAPPLING 1*** |  |  |  |  |
| ***STANDING 2*** |  |  |  |  |
| ***THROWING 2*** |  |  |  |  |
| ***GRAPPLING 2*** |  |  |  |  |
| ***STANDING 3***  |  |  |  |  |
| ***THROWING 3*** |  |  |  |  |
| ***GRAPPLING 3*** |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU 6TH Kyu GREEN BELT**

**MINIMUM TRAINING TIME 24 MONTHS/ 2 YEARS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS ON THIS DAY*** |  |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 30X10*** |  |  |  |  |
| ***SIT UPS 30X10*** |  |  |  |  |
| ***SQUATS 50X5*** |  |  |  |  |
| ***SQUATS 50X5*** |  |  |  |  |
| ***RUNNING 5KM 30MIN*** |  |  |  |  |
| ***STRIKES - THAI PADS*** |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***ROUND 6*** |  |  |  |  |
| ***BREAKFALLS ROUTINE*** |  |  |  |  |
| ***MEDIUM HEIGHT*** |  |  |  |  |
| ***DEFENCES - L & R SIDES*** |  |  |  |  |
| ***TOSHI TETSUI UCHI 1*** |  |  |  |  |
| ***TOSHI TETSUI UCHI 2*** |  |  |  |  |
| ***MAWASHI TSUKI 1*** |  |  |  |  |
| ***MAWASHI TSUKI 2*** |  |  |  |  |
| ***YOKO TETSUI UCHI 1*** |  |  |  |  |
| ***YOKO TETSUI UCHI 2*** |  |  |  |  |
| ***JODAN TSUKI 1*** |  |  |  |  |
| ***JODAN TSUKI 2*** |  |  |  |  |
| ***CHUDAN TSUKI 1*** |  |  |  |  |
| ***CHUDAN TSUKI 2*** |  |  |  |  |
| ***MAE GERI 1*** |  |  |  |  |
| ***MAE GERI 2*** |  |  |  |  |
| ***MAWASHI GERI 1*** |  |  |  |  |
| ***MAWASHI GERI 2*** |  |  |  |  |
| ***YOKO GERI 1*** |  |  |  |  |
| ***YOKO GERI 2*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***SANCHIN*** |  |  |  |  |
| * ***KIME***
 |  |  |  |  |
| * ***SHIME***
 |  |  |  |  |
| ***TENSHO*** |  |  |  |  |
| ***SANCHIN TENSHO***  |  |  |  |  |
| ***CHOKES & STRANGLES*** |  |  |  |  |
| ***HADAKA JIME*** |  |  |  |  |
| ***NAMI JUJI JIME*** |  |  |  |  |
| ***GYAKU JUJI JIME*** |  |  |  |  |
| ***KATA HA JIME*** |  |  |  |  |
| ***KATE TE JIMI*** |  |  |  |  |
| ***OKURI ERI JIME*** |  |  |  |  |
| ***SANGAKU JIME*** |  |  |  |  |
| ***SODE GURUMA JIME*** |  |  |  |  |
| ***SPARRING*** |  | **L** | **D** | **W** |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***ROUND 6*** |  |  |  |  |
|  |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU 5TH KYU PURPLE BELT**

**MINIMUM TRAINING TIME 36 MONTHS/ 3 YEARS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***YEAR COMMENCED TRAINING*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***CERTIFIED LEVEL 2 FIRST AID QUALIFIED*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS ON THIS DAY*** | N/A |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***FUDOSHIN RYU HANBO JUTSU*** |  |  |  |  |
| ***GUARDS KATA*** |  |  |  |  |
| ***THRUSTS KATA*** |  |  |  |  |
| ***PRODDING KATA*** |  |  |  |  |
| ***CUTTING KATA*** |  |  |  |  |
| ***DISENGAGEMENTS*** |  |  |  |  |
| ***LOCKS TO SUBMISSION*** |  |  |  |  |
| ***DEFENCES AGAINST UNARMED*** |  |  |  |  |
| ***DEFENCES AGAINST SWORD*** |  |  |  |  |
| ***BLOCKING ROUTINE*** |  |  |  |  |
| ***SENTRY POSITIONS*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***CONTESTING*** |  |  |  |  |
| ***FUDOSHIN RYU TANTO JUTSU*** |  |  |  |  |
| ***GUARDS KATA*** |  |  |  |  |
| ***MANIPULATIONS & CONCEALMENTS*** |  |  |  |  |
| ***DISENGAGEMENTS*** |  |  |  |  |
| ***AGAINST SWORD*** |  |  |  |  |
| ***TANTO AGAINST UNARMED*** |  |  |  |  |
| ***UNARMED AGAINST TANTO*** |  |  |  |  |
| ***DEFENCE AGAINST RESTRAINING HOLDS*** |  |  |  |  |
| ***COMBINATION ATTACKS*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***CONTESTING*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***SANCHIN*** |  |  |  |  |
| ***TENSHO*** |  |  |  |  |
| ***SANCHIN TENSHO*** |  |  |  |  |
| ***SAIFA*** |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU 4TH Kyu, 3RD KYU, 2ND KYU, 1ST KYU**

**4TH KYU BROWN BELT - SENPAI**

**MINIMUM TRAINING TIME 48 MONTHS/ 4 YEARS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS*** |  |
| ***CERTIFIED FIRST AID LEVEL 2*** |  |
|  | ***COMMENTS*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 75X6*** |  |  |  |  |
| ***SIT UPS 75X6*** |  |  |  |  |
| ***SQUATS 100X4*** |  |  |  |  |
| ***SQUATS 100X4*** |  |  |  |  |
| ***RUN 5KM 30MINS*** |  |  |  |  |
| ***STRIKING – PADS - 5X2*** |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***KICKS – PADS - 5X2***  |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***COMBINATIONS – PADS 5X2*** |  |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***DISENGAGEMENTS*** |  |  |  |  |
| ***15 FROM FRONT*** |  |  |  |  |
| ***15 FROM SIDE*** |  |  |  |  |
| ***15 FROM REAR*** |  |  |  |  |
| ***BREAKFALLS*** |  |  |  |  |
| ***ROUTINE OF 10 FROM HIGH*** |  |  |  |  |
| ***ARMLOCKS*** |  |  |  |  |
| ***ROUTINE OF 20*** |  |  |  |  |
| ***LEGLOCKS*** |  |  |  |  |
| ***ROUTINE OF 10*** |  |  |  |  |
|  |  |  |  |  |
| ***CHOKES & STRANGLES*** |  |  |  |  |
| ***ROUTINE OF 15*** |  |  |  |  |
|  |  |  |  |  |
| ***DEFENCES*** |  |  |  |  |
| ***STANDING*** |  |  |  |  |
| ***GROUND*** |  |  |  |  |
| ***TRIPLE CONTESTING*** |  |  |  |  |
| ***SPARRING ROUND 1*** |  |  |  |  |
| ***THROWING ROUND 1*** |  |  |  |  |
| ***GRAPPLING ROUND 1*** |  |  |  |  |
| ***SPARRING ROUND 2*** |  |  |  |  |
| ***THROWING ROUND 2*** |  |  |  |  |
| ***GRAPPLING ROUND 2*** |  |  |  |  |
| ***SPARRING ROUND 3*** |  |  |  |  |
| ***THROWING ROUND 3*** |  |  |  |  |
| ***GRAPPLING ROUND 3*** |  |  |  |  |
| ***SPARRING ROUND 4*** |  |  |  |  |
| ***THROWING ROUND 4*** |  |  |  |  |
| ***GRAPPLING ROUND 4*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***SANCHIN*** |  |  |  |  |
| ***TENSHO*** |  |  |  |  |
| ***SANCHIN TENSHO*** |  |  |  |  |
| ***SAIFA*** |  |  |  |  |
| ***KOBUJUTSU*** |  |  |  |  |
| ***HANBO & TANTO LEFT SIDE*** |  |  |  |  |
| ***IMPROVISED WEAPONS*** |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**3RD KYU BROWN BELT**

**MINIMUM TRAINING TIME 60 MONTHS/ 5 YEARS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***MINIMUM 1 YEAR ON 4TH KYU*** |  |  |  |  |
| ***MAINTAINED SKILLS*** |  |  |  |  |
| ***LIVE BY CONCEPTS OF BUSHIDO*** |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**2ND KYU BROWN BELT**

**MINIMUM TRAINING TIME 72 MONTHS/ 6 YEARS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***MINIMUM 1 YEAR ON 3RD KYU*** |  |  |  |  |
| ***PROGRESSED IN SKILLS*** |  |  |  |  |
| ***FUDOSHIN RYU BO*** |  |  |  |  |
| ***GUARD KATA*** |  |  |  |  |
| ***THRUSTING KATA*** |  |  |  |  |
| ***STRIKING KATA*** |  |  |  |  |
| ***OTHER METHODS OF ATTACK*** |  |  |  |  |
| ***COMBINATION ATTACKS*** |  |  |  |  |
| ***DISENGAGEMENTS*** |  |  |  |  |
| ***DEFENCE & COUNTER AGAINST BO*** |  |  |  |  |
| ***OVERCOMING SENTRY*** |  |  |  |  |
| ***METHODS OF BLOCKING*** |  |  |  |  |
| ***CONTESTING AGAINST BO*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**1ST KYU BROWN BELT**

**MINIMUM TRAINING TIME 84 MONTHS/ 7 YEARS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***MINIMUM 1 YEAR ON 2ND KYU*** |  |  |  |  |
| ***PROGRESSED IN UNDERSTANDING*** |  |  |  |  |
| ***ABILITY TO LEAD***  |  |  |  |  |
| ***MINIMUM 1 YEAR SECURITY/ LAW ENFORCEMENT*** |  |  |  |  |
|  |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU SHODAN BLACK BELT**

**MINIMUM TRAINING TIME 96 MONTHS/ 8 YEARS**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***YEAR COMMENCED TRAINING*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***LEVEL 2 FIRST AID QUALIFIED*** |  |
| ***HAS COMPLETED MINIMUM 12 MONTHS SECURITY/ LAW ENFORCEMENT*** | N/A |
|  | ***COMMENT*** | ***C*** | ***B*** | ***A*** |
| ***CARDIO FITNESS*** |  |  |  |  |
| ***FLEXIBILITY*** |  |  |  |  |
| ***CONDITIONING*** |  |  |  |  |
| ***PUSH UPS 100X5*** |  |  |  |  |
| ***SIT UPS 100X5*** |  |  |  |  |
| ***SQUATS 100X10*** |  |  |  |  |
| ***SQUATS 100X10*** |  |  |  |  |
| ***RUNNING 5KM 30MIN*** |  |  |  |  |
| ***UCHI WAZA*** |  |  |  |  |
| ***OI TSUKI*** |  |  |  |  |
| ***JODAN GYAKU TSUKI*** |  |  |  |  |
| ***CHUDAN GYAKU TSUKI*** |  |  |  |  |
| ***MAWASHI TSUKI*** |  |  |  |  |
| ***URA TSUKI*** |  |  |  |  |
| ***TOSHI TETSUI UCHI*** |  |  |  |  |
| ***YOKO TETSUI UCHI*** |  |  |  |  |
| ***URAKEN UCHI*** |  |  |  |  |
| ***TAISHO UCHI*** |  |  |  |  |
| ***IPPON KEN TSUKI*** |  |  |  |  |
| ***NAKADAKA IPPON KEN TSUKI*** |  |  |  |  |
| ***HIRAKEN UCHI*** |  |  |  |  |
| ***KAKUTO UCHI*** |  |  |  |  |
| ***SHUTO UCHI*** |  |  |  |  |
| ***HAITO UCHI*** |  |  |  |  |
| ***NUKITE*** |  |  |  |  |
| ***NIHON NUKITE*** |  |  |  |  |
| ***IPPON NUKITE*** |  |  |  |  |
| ***GERI WAZA*** | ***ATTACK AND DEFENCE*** |  |  |  |
| ***MAE GERI*** |  |  |  |  |
| ***GEDAN MAWASHI GERI*** |  |  |  |  |
| ***CHUDAN MAWASHI GERI*** |  |  |  |  |
| ***JODAN MAWASHI GERI*** |  |  |  |  |
| ***GEDAN UCHI MAWASHI GERI*** |  |  |  |  |
| ***YOKO GERI*** |  |  |  |  |
| ***USHIRO GERI*** |  |  |  |  |
| ***KAGI GERI*** |  |  |  |  |
| ***MIKAZUKI GERI***  |  |  |  |  |
| ***UCHI MIKAZUKI GERI*** |  |  |  |  |
| ***DACHI WAZA*** | ***TESTED FOR BALANCE & STABILITY*** |  |  |  |
| ***HEISOKU DACHI*** |  |  |  |  |
| ***MASUBI DACHI*** |  |  |  |  |
| ***HEIKO DACHI*** |  |  |  |  |
| ***SOTO DACHI*** |  |  |  |  |
| ***HACHIJI DACHI*** |  |  |  |  |
| ***SHIKO DACHI*** |  |  |  |  |
| ***KIBA DACHI*** |  |  |  |  |
| ***HANZENKUTSU DACHI*** |  |  |  |  |
| ***ZENKUTSU DACHI*** |  |  |  |  |
| ***KOKUTSU DACHI*** |  |  |  |  |
| ***NEKOASHI DACHI*** |  |  |  |  |
| ***JUJI ASHI DACHI*** |  |  |  |  |
| ***NAME ASHI DACHI*** |  |  |  |  |
| ***UKE WAZA*** | ***TESTED WITH SHINAI*** |  |  |  |
| ***JODAN AGE UKE*** |  |  |  |  |
| ***CHUDAN UCHI UKE*** |  |  |  |  |
| ***SOTO UKE*** |  |  |  |  |
| ***GEDAN BARAI*** |  |  |  |  |
| ***GEDAN UKE*** |  |  |  |  |
| ***GEDAN UCHI UKE*** |  |  |  |  |
| ***JOGI UKE*** |  |  |  |  |
| ***KAKE UKE*** |  |  |  |  |
| ***MAWASHI UKE*** |  |  |  |  |
| ***GEDAN JUJI UKE*** |  |  |  |  |
| ***YOKO JUJI UKE*** |  |  |  |  |
| ***JODAN JUJI UKE*** |  |  |  |  |
| ***UKEMI WAZA*** |  |  |  |  |
| ***MAE UKEMI*** |  |  |  |  |
| ***YOKO UKEMI*** |  |  |  |  |
| ***USHIRO UKEMI*** |  |  |  |  |
| ***MAE KAROBI*** |  |  |  |  |
| ***USHIRO KAROBI*** |  |  |  |  |
| ***KARTOHOIRU*** |  |  |  |  |
| ***SHIME WAZA*** | ***NE-WAZA – TECHNIQUES ON COMMAND*** |  |  |  |
| ***ROUTINE OF 15*** |  |  |  |  |
| ***GATAME WAZA*** |  |  |  |  |
| ***STANDING ROUTINE OF 30*** |  |  |  |  |
| ***GROUND TECHNIQUES 30*** |  |  |  |  |
| ***KANSETSU WAZA*** | ***NE-WAZA – TECHNIQUES ON COMMAND*** |  |  |  |
| ***ROUTINE OF 15*** |  |  |  |  |
| ***NAGE WAZA***  | ***RANDORI – THROWS ON COMMAND*** |  |  |  |
| ***OSOTO GARI*** |  |  |  |  |
| ***IPPON SEOINAGE*** |  |  |  |  |
| ***TAI OTOSHI*** |  |  |  |  |
| ***O GOSHI*** |  |  |  |  |
| ***KOSHI GARUMA*** |  |  |  |  |
| ***YOKO WAKARE*** |  |  |  |  |
| ***TOMOE NAGI*** |  |  |  |  |
| ***HARAI GOSHI*** |  |  |  |  |
| ***NAGE WAZA CONTINUED*** | ***RANDORI – THROWS ON COMMAND*** |  |  |  |
| ***KANI BASAMI*** |  |  |  |  |
| ***UCHI MATA*** |  |  |  |  |
| ***SEOI OTOSHI*** |  |  |  |  |
| ***KATA GARUMA*** |  |  |  |  |
| ***SUKUI NAGE*** |  |  |  |  |
| ***DEASHI HARAI*** |  |  |  |  |
| ***KOUCHI GARI*** |  |  |  |  |
| ***BOXING*** |  |  |  |  |
| ***PUNCHES FOCUS PADS 3X2MIN*** |  |  |  |  |
| ***DEFENCES*** |  |  |  |  |
| ***FOOTWORK*** |  |  |  |  |
| ***KICKBOXING*** |  |  |  |  |
| ***KICK PADS 3X2MINS*** |  |  |  |  |
| ***DEFENCES*** |  |  |  |  |
| ***FOOTWORK*** |  |  |  |  |
| ***THAI PADS – KNEES & ELBOWS*** |  |  |  |  |
| ***KATA*** |  |  |  |  |
| ***SANCHIN*** |  |  |  |  |
| ***TENSHO*** |  |  |  |  |
| ***SANCHIN TENSHO*** |  |  |  |  |
| ***SAIFA*** |  |  |  |  |
| ***SEIYUNCHIN*** |  |  |  |  |
| ***KATA OF YOUR CHOICE*** |  |  |  |  |
| ***YUKSUKO*** |  |  |  |  |
| ***TOSHI TETSUI UCHI ICHI*** |  |  |  |  |
| ***TOSHI TETSUI UCHI NI*** |  |  |  |  |
| ***TOSHI TETSUI UCHI SAN*** |  |  |  |  |
| ***TOSHI TETSUI UCHI YON*** |  |  |  |  |
| ***TOSHI TETSUI UCHI GO*** |  |  |  |  |
| ***YOKO TETSUI UCHI ICHI*** |  |  |  |  |
| ***YOKO TETSUI UCHI NI*** |  |  |  |  |
| ***YOKO TETSUI UCHI SAN*** |  |  |  |  |
| ***YOKO TETSUI UCHI YON*** |  |  |  |  |
| ***YOKO TETSUI UCHI GO*** |  |  |  |  |
| ***MAWASHI TSUKI ICHI*** |  |  |  |  |
| ***MAWASHI TSUKI NI*** |  |  |  |  |
| ***MAWASHI TSUKI SAN*** |  |  |  |  |
| ***MAWASHI TSUKI YON*** |  |  |  |  |
| ***MAWASHI TSUKI GO*** |  |  |  |  |
| ***OI TSUKI ICHI*** |  |  |  |  |
| ***OI TSUKI NI*** |  |  |  |  |
| ***OI TSUKI SAN*** |  |  |  |  |
| ***OI TSUKI YON*** |  |  |  |  |
| ***OI TSUKI GO*** |  |  |  |  |
| ***CHUDAN TSUKI ICHI*** |  |  |  |  |
| ***CHUDAN TSUKI NI*** |  |  |  |  |
| ***CHUDAN TSUKI SAN*** |  |  |  |  |
| ***CHUDAN TSUKI YON*** |  |  |  |  |
| ***CHUDAN TSUKI GO*** |  |  |  |  |
| ***YUKSUKO CONTINUED*** |  |  |  |  |
| ***MAE GERI ICHI*** |  |  |  |  |
| ***MAE GERI NI*** |  |  |  |  |
| ***MAE GERI SAN*** |  |  |  |  |
| ***MAE GERI YON*** |  |  |  |  |
| ***MAE GERI GO*** |  |  |  |  |
| ***MAWASHI GERI ICHI*** |  |  |  |  |
| ***MAWASHI GERI NI*** |  |  |  |  |
| ***MAWASHI GERI SAN*** |  |  |  |  |
| ***MAWASHI GERI YON*** |  |  |  |  |
| ***MAWASHI GERI GO*** |  |  |  |  |
| ***TAMASHI WAZA*** |  |  |  |  |
| ***SEIKEN ZUKI*** |  |  |  |  |
| ***SHUTO UCHI*** |  |  |  |  |
| ***ENPI UCHI*** |  |  |  |  |
| ***MAE GERI*** |  |  |  |  |
| ***YOKO GERI*** |  |  |  |  |
| ***MAWASHI GERI*** |  |  |  |  |
| ***CONTESTING - KUMITE*** | ***UKE NAME & GRADE*** |  |  |  |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***ROUND 6*** |  |  |  |  |
| ***ROUND 7*** |  |  |  |  |
| ***ROUND 8*** |  |  |  |  |
| ***ROUND 9*** |  |  |  |  |
| ***ROUND 10*** |  |  |  |  |
|  |  |  |  |  |
| ***ESSAY – BUDO JOURNEY*** |  |  |  |  |
| ***WRITTEN*** |  |  |  |  |
| ***PRACTICAL*** |  |  |  |  |
| ***NOTES*** |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

**SUSUMU RYU NIDAN**

**MINIMUM TRAINING 2 YEARS FROM SHODAN**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***MEDICAL CHECKED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS*** | N/A |
| ***SPARRING*** ***30X2MINS*** | ***CONTACT LEVEL FULL CONTACT******PROTECTIVE EQUIPMENT TO BE WORN ON SHINS, GROIN &16OZ CLOSED FINGER BOXING GLOVES*** |  |  |  |
|  | ***OPPONENT NAME & GRADE*** | ***L*** | ***D*** | ***W*** |
| ***ROUND 1*** |  |  |  |  |
| ***ROUND 2*** |  |  |  |  |
| ***ROUND 3*** |  |  |  |  |
| ***ROUND 4*** |  |  |  |  |
| ***ROUND 5*** |  |  |  |  |
| ***ROUND 6*** |  |  |  |  |
| ***ROUND 7*** |  |  |  |  |
| ***ROUND 8*** |  |  |  |  |
| ***ROUND 9*** |  |  |  |  |
| ***ROUND 10*** |  |  |  |  |
| ***ROUND 11*** |  |  |  |  |
| ***ROUND 12*** |  |  |  |  |
| ***ROUND 13*** |  |  |  |  |
| ***ROUND 14*** |  |  |  |  |
| ***ROUND 15*** |  |  |  |  |
| ***ROUND 16*** |  |  |  |  |
| ***ROUND 17*** |  |  |  |  |
| ***ROUND 18*** |  |  |  |  |
| ***ROUND 19*** |  |  |  |  |
| ***ROUND 20*** |  |  |  |  |
| ***ROUND 21*** |  |  |  |  |
| ***ROUND 22*** |  |  |  |  |
| ***ROUND 23*** |  |  |  |  |
| ***ROUND 24*** |  |  |  |  |
| ***ROUND 25*** |  |  |  |  |
| ***ROUND 26*** |  |  |  |  |
| ***ROUND 27*** |  |  |  |  |
| ***ROUND 28*** |  |  |  |  |
| ***ROUND 29*** |  |  |  |  |
| ***ROUND 30*** |  |  |  |  |
|  |  |  |  |  |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |

 **SUSUMU RYU SANDAN**

**MINIMUM TRAINING 3 YEARS FROM NIDAN**

|  |  |
| --- | --- |
| ***STUDENTS NAME*** |  |
| ***AGE*** |  |
| ***DATE COMMENCED*** |  |
| ***MEDICAL CHECKED*** |  |
| ***FIT TO GRADE/ INJURIES PRIOR*** |  |
| ***HAS COMPLETED PRIOR REQUIREMENTS*** | N/A |
| ***FUDOSHIN RYU WEAPONS MASTER*** |  |  |  |  |
|  |  |  |  |  |
| ***ADVANCED CERTIFICATE IN ANY 5 OF-*** |  |  |  |  |
| * ***YAWARA BO***
 |  |  |  |  |
| * ***TANTO***
 |  |  |  |  |
| * ***NUNCHUKU***
 |  |  |  |  |
| * ***HANBO***
 |  |  |  |  |
| * ***JO***
 |  |  |  |  |
| * ***TONFA***
 |  |  |  |  |
| * ***SAI***
 |  |  |  |  |
| * ***BO***
 |  |  |  |  |
| * ***KAMA***
 |  |  |  |  |
| * ***YARI***
 |  |  |  |  |
| * ***NAGINATA***
 |  |  |  |  |
| * ***YUMI***
 |  |  |  |  |
| * ***KATANA – COMPULSORY***
 |  |  |  |  |
| ***IMPROVISED WEAPONS*** |  |  |  |  |
| * ***SWING CLUB***
 |  |  |  |  |
| * ***GARROTTE***
 |  |  |  |  |
| * ***KNUCKLE DUSTERS***
 |  |  |  |  |
| * ***NEWSPAPER OR BOOK***
 |  |  |  |  |
| ***THESIS ON IMPROVISED WEAPONS*** |  |  |  |  |
|  |  |  |  |  |
| ***ASSIST IN GRADING OF OTHERS*** |  |  |  |  |
|  |  |  |  |  |
| ***ABILITY TO TEACH WEAPONS*** |  |  |  |  |
| ***WEAPON 1*** |  |  |  |  |
| ***WEAPON 2*** |  |  |  |  |
| ***WEAPON 3*** |  |  |  |  |
| ***WEAPON 4*** |  |  |  |  |
| ***WEAPON 5*** |  |  |  |  |
|  |  |  |  |  |
| **PASS** |  |
| **FAIL** |  |
| **GRADED BY** |  |