**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** |  | | |