



KOKORO KAI JU-JITSU ASSOCIATION



GODAN 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. 1-33 WRIST AND ARMLOCKS INCORPORATING WRIST LOCK APPLICATIONS.(Examiner to pick one set at grading).
2. 1-33 ADVANCED LOCKING TECHNIQUES (Examiner to pick one set at grading).
3. STUDENTS TECHNIQUES (12) 4 Any Defence, 4 Knife Defence, 4 Baton Defence.
4. YAWARA TECHNIQUES (10) .
5. TONFA DEFENCE AGAINST KNIFE
6. TONFA DEFENCE AGAINST JO.
7. HO-JO-JUTSU
8. STUDENTS OWN SHORT KATA & APPLICATIONS
9. MODULES (4 from each kyu grade)

KATA

10. SAMURAI KATA
11. THREE MORE KATA TO BE CHOSEN BY EXAMINERS ON THE DAY.

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. JO & BOKKEN CONTINUOUS
20. THREE MORE KATA TO BE CHOSEN BY EXAMINERS ON THE DAY

OKINAWAN BO

21. STANCES
22. BLOCKS
23. STRIKES
24. FIXED KUMITE
25. CONTINUOUS KUMITE
26. 1st OKINAWAN BO KATA
27. 2nd OKINAWAN BO KATA
28. ANY OTHER WORK FROM THE KOKORO KAI SYLLABUS