



# **KOKORO KAI JU-JITSU** **ASSOCIATION**



## **SHODAN REQUIREMENTS**

Please note all students attempting Shodan will be required to take a kyu grade pre-test and anatomy test 1 month prior to the grading date. They will also require the correct level in Ko- Budo. No student will grade unless they are wearing a clean Gi with appropriate badges.

1. 30 THROWS
2. THE OPEN HAND & IT'S USES
3. THE ELBOW AND IT'S USES
4. COUNTERS TO ; (three of each)
  - a. Hip Throw
  - b. Drawing Ankle
  - c. Shoulder Wheel
  - d. Full Shoulder
  - e. Body Drop
  - f. Reclining Leg Throw
  - g. Outer Hook
  - h. Stomach Throw
  - i. Half Shoulder
5. INSIDE LEG SWEEP (2)
6. THE BOTTOM FIST & IT'S USES
7. ATTACKING THE EYES & EARS
8. COMBINATIONS. (10)
  - a. Outside Hock to Rear Throw
  - b. Drawing Ankle to Sweeping Hip
  - c. Half Shoulder to Rice Bale
  - d. Inside Hock to Drawing Ankle/Knee Wheel
  - e. Outer hook to Dropping Shoulder
  - f. Half Shoulder to Falcon Lock & Throw
  - g. Hip Throw to Stamp Throw
  - h. Inside Hock to Minor Inside Hock
  - i. Full Shoulder to Dropping Full Shoulder
  - j. Body Drop to Crab Claw Scissors
9. LUNGE PUNCH , REVERSE PUNCH TO BODY & FACE
10. KATA
11. INSIDE FOREARM BLOCK, FOLLOWED BY BACK FIST & THROW
12. COUNTERS TO KICKS (2)
  - a. Front Kicks (4)
  - b. Roundhouse Kicks (2)
  - c. Rear Kick (2)
  - d. Crescent Kick (2)
13. PALM HEEL BLOCK WITH ATTACKS (3 sets)
14. PALM HEEL STRIKES
15. ONE HANDED THROAT THROW
16. USE OF X BLOCK TO PULL ONTO KNEE (2)
17. USING UPWARD BLOCKS & THROW
18. DEFENCES AGAINST KNIFE ATTACKS (6)
19. DEFENCES AGAINST A SPARRING OPPONENT WHO KICKS
20. DEMONSTRATE THE 4 MOST USED KICKS IN JU-JITSU
21. DEFENCES AGAINST A SIDE SNAP KICK
22. USE OF THE BATON (9)
23. MOST DANGEROUS THROWS (2) students own opinion of techniques, and the damage they may cause to your opponents body.
24. WEAPONS KATA – Student to demonstrate 2 of Basic 5 Weapons Kata's (selected by Examiner)