

## CADL GRADING REQUIREMENTS - ADULTS

The techniques listed below are a guideline.

Candidates will be required to demonstrate an understanding of the techniques appropriate to their rank.

Show omote and ura where appropriate.

### GOKYU (5TH KYU)

#### Tachi waza

Shomenuchi Ikkyo.

Shomenuchi Iriminage.

Katatedori Shihonage.

Moretotori Kokyunage

#### Suwaru waza

Kokyudosa.

Weapons: Jo Kata #1 (Roku no-Jo).

### YONKYU (4th KYU)

All above.

#### Suwaru waza

Shomenuchi Ikkyo, Iriminage.

Kokyudosa.

#### Tachi waza

Shomenuchi Nikkyo.

Tsuki Kotagaeshi.

Katatetori Kaitenage.

Moretotori Iriminage.

Yokomenuchi Shihonage.

Kosadori Iriminage.

Weapons: Jo Kata #2 (Hachi no Jo).

### SANKYU (3rd<sup>h</sup> KYU)

All above.

#### Suwaru waza

Shomenuchi Nikkyo,

Katadori Nikkyo

Kokyudosa.

Hanmi Handachi Katatetori Shihonage.

Tachi waza.

Shomenuchi Sankyo, Kaitenage.

Ryotetori Tenchinage.

Katadori Nikkyo.

Ushiro Ryotetori Kokyunage.

Kosadori Kotegaeshi.

Katatetori Iriminage, Kaitenage (uchi mawari).

Tsuki Kokyunage, Iriminage.

Yokomenuchi Kotagaeshi.

Moretotori Iriminage. (2 variations)

Weapons: Jo Kata #3 (Ju San no-jo)

### **NIKKYU (2<sup>nd</sup> KYU)**

All above.

Suware waza

Shomenuchi Sankyo, Yonkyo.

Yokomenuchi Ikkyo.

Kokyudosa

Tachi waza

All above.

Shomenuchi Shihonage.

Ryotetori Kokyunage (3 variations).

Ushiro Ryotetori Shihonage, Iriminage, Kotegaeshi.

Yokomenuchi Kaitenage ( 2 variations).

Moretotori Iriminage (3 variations)

Yokomenuchi Iriminage (2 variations)

Ushiro Ryokatadori Kokyunage ( 2 variations).

Hanmi Handachi Katatetori Kaitenage, Ryotetori Shihonage.

Jiyu Waza Shomenuchi, Katatetori (5 techniques).

Randori 2 person attack.

Weapons Kata Ni-ju ni no-jo.

### **IKKYU (1<sup>st</sup> KYU)**

All above.

Suwaru waza

Shomenuchi Sankyo

Yokomenuchi Ikkyo, Nikkyo.

Kokyudosa.

Tachi waza

Ushiro Ryokatadori Ikkyo, Sankyo.

Moreteteri Shihonage.

Moreteteri Iriminage (4 ways).

Yokomenuchi Gokyo.

Katatori Menuchi (5 ways)

Ushiro Ryoteteri Iriminage.

Ushiro Kubishime Kokyunage, Sankyo.

Jiyu Waza Shomenuchi, Katateteri, Moreteteri, Ushiro Ryoteteri. (5 techniques)

Randori (3 persons)

Weapons San-ju ichi no jo. Tantori ( 3 techniques).