

## Nikyu

(2<sup>nd</sup> Kyu)

### Basics

1. Ukemi Combination Ichi

*Ukemi + Seiza + 2 Koten Backroll*

### Kihon Waza (one version)

*Hijikime, Tenchi Nage*

*One additional version from Sankyu Kihon Waza*

### Combinations

**Jo/Morote Mochi** – *Yonkajo, Kaitenage, Nikajo, Hijikime, Iriminage, Shihonage, Kokyunage, Sokumen, Hijiate Hidari*

### Freestyle

*Katate Mochi*

*Tsuki*

*Shomen Uchi*

*Yokomen Uchi*

## Ikkyu

(1<sup>st</sup> Kyu) – **Cumulative**

### Basics

1. Ukemi Combination Ni

*Zenten, Koten, Sokuten, Ukemi, Ushiro Ukemi, Hiyaku Ukemi*

### Kihon Waza (one version)

*Hijishime, Jujinage*

*One additional version of Nikyu Kihon Waza*

### Combinations

**Yokomen Inside/Advanced Turn** – *Hijiate, Sokumen, Kotegaeshi, Iriminage, Shihonage, Hijishime*

### Freestyle

*Katate Mochi, Tsuki, Shomen Uchi, Yokomen Uchi, Jo*