

# Adult Kyu Arts Requirements

## **Ikkyu / 1st Kyu / Brown Belt**

1. Katate Dori Hikiyose Ikkyo
2. Yokomenuchi Irimi-nage
3. Shomenuchi Sankyo
4. Ushiro Tekubi tori Tenkan Tenchi-nage
5. Munetsuki Ushiro Kata-hikiotoshi
6. Ryote dori Irimi Tenchi-nage

## **Nikyu / 2nd Kyu / Purple Belt**

1. Katatedori Irimi-nage
2. Yokomenuchi Choyaku Kokyu-nage
3. Shomenuchi Ikkyo Tenkan
4. Ushiro Tekubi tori Kotai Kotegaeshi
5. Munetsuki Zenpo-nage
6. Katate Ryotemochi  
Sasiokomi Makiotoshi

## **Sankyu / 3rd Kyu / Purple Belt**

1. Katate Dori Enkei-nage
2. Yokomenuchi Makiotoshi
3. Shomenuchi Ikkyo Irimi
4. Ushiro Tekubitori Sankyo
5. Munetsuki Hantai Ikkyo
6. Ryote Dori Shiho-nage

## **Yonkyu / 4th Kyu / Blue Belt**

1. Katatedori Tenkan Ikkyo
2. Yokomenuchi Shiho-nage
3. Shomenuchi Kotegaeshi
4. Ushirotori Zenshinage
5. Munetsuki Kokyu-nage
6. Katate Ryotemochi  
Tenkan Kotegaeshi

## **Gokyu / 5th Kyu / Blue Belt**

1. Katatedori Nikyo
2. Katatedori Tenkan Shiho-nage
3. Yokomenuchi Hijiotoshi
4. Shomenuchi Kokyu-nage
5. Munetsuki Kotegaeshi
6. Ushiro Tekubi Tori Zenshinage