

NOTE: Each day of training counts as one class. For additional information please contact Decker Sensei.

Rokyu (30 classes/3 months) – 6th Kyu

Tenkan

Shomenuchi ikkyo and iriminage

Munetsuki kotegaeshi

Katate dori shihonage

Yokomenuchi shihonage

Kokyu tanden ho

Gokyu (60 classes/4 months) – 5th Kyu

All previous techniques plus:

Shomenuchi nikyo

Kata dori ikkyo and nikyo

Munetsuki kaitennage

Yonkyu (60 classes/4 months) – 4th Kyu

All previous techniques plus:

Shomenuchi sankyo and yonkyo

Yokomenuchi ikkyo, kotegaeshi and iriminage

Ryote dori tenchinage and shihonage

Katate dori ryote mochi kokyu tanden ho

Sankyu (70 classes/4 months) – 3rd Kyu

All previous techniques plus:

Ushiro ryokata dori ikkyo

Ushiro ryote dori shihonage

Ushiro kubi shime kotegaeshi

Ushiro waza kokyunage

Nikyu (80 classes/6 months) – 2nd Kyu

All previous techniques plus:

Yokomenuchi nikyo, sankyo and yonkyo

Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki

Hamni handachi: Katate dori shihonage, Ryote dori shihonage

Suwariwaza: Shomenuchi ikkyo, Kata dori ikkyo, Yokomenuchi ikkyo

Ikkyu (90 classes/6 months) – 1st Kyu

All previous techniques plus:

Jiyu waza: Standing, Hanmi handachi, Suwariwaza

Tanto dori: Munetsuki, Shomenuchi, Yokomenuchi