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**Core Requirements**

**Etiquette & Safety**
- Kneeling, standing bows and etiquette
- How and When to submit

**Breakfalls**
- Ushiro Ukemi (back breakfall)
- Migi Yoko Ukemi (right side breakfall)
- Hidari Yoko Ukemi (left side breakfall)
- Mae Ukemi (front breakfall)
- Migi Zempo Kaiten Ukemi (right side rolling breakfall)
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

**Standing - Demonstrate**
- Bow, take a basic sleeve / lapel grip and posture
- Demonstrate how to walk with partner
- Take a breakfall when thrown by partner

**White Belt Beginner to 1 Red Tab (not less than 5 years old)**
- Standing - Demonstrate
  - Morote Seoi Nage
- Groundwork - Demonstrate
  - Turn partner over onto their back from all fours (crouching position)
  - Turn over from press up position, breakfall, move into Kesa Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

**White Belt 1 Red Tab to 2 Red Tabs (not less than 5 years old)**
- Standing - Demonstrate
  - Morote Seoi Otoshi
- Groundwork - Demonstrate
  - Turn partner over onto their back from all fours (crouching position)
  - Turn over from press up position, breakfall, move into Kesa Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

**White Belt 2 Red Tabs to 3 Red Tabs (not less than 5 years old)**
- Standing - Demonstrate
  - Ko Uchi Gari
- Groundwork - Demonstrate
  - Turn over from press up position, breakfall, move into Kesa Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

**Venue**
- **Date**
- **Examiner**

**Comments**
Name | Age
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### Grade

#### Promotion to

**Core Requirements**

**Etiquette & Safety**
Kneeling, standing bows and etiquette

**Breakfalls**
Ushiro Ukemi (back breakfall)
Migi Yoko Ukemi (right side breakfall)
Hidari Yoko Ukemi (left side breakfall)
Mae Ukemi (front breakfall)
Migi Zempo Kaiten Ukemi (right side rolling breakfall)
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

**Standing - Demonstrate**
Bow, take a basic sleeve / lapel grip and posture
Demonstrate how to walk with partner
Take a breakfall when thrown by partner

**White Belt 3 Red Tabs to 1 Orange Tab (normally not less than 6 years old)**

**Standing - Demonstrate**
Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi

**Groundwork - Demonstrate**
Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position)

**Randori**
Minimum of 2 throw for throw style randori practice

**White Belt 1 Orange Tab to 2 Orange Tabs (normally not less than 6 years old)**

**Standing - Demonstrate**
Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari

**Groundwork - Demonstrate**
Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position)

**Randori**
Minimum of 2 throw for throw style randori practice

**White Belt 2 Orange Tabs to 3 Orange Tabs (normally not less than 6 years old)**

**Standing - Demonstrate**
Tsuri Komi Goshi

**Groundwork - Demonstrate**
Turn over from press up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching position)

**Randori**
Minimum of 2 throw for throw style randori practice

**Venue**
**Date**
**Examiner**

**Comments**
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### Core Requirements

#### Etiquette & Safety
Kneeling, standing bows and etiquette

#### Breakfalls
- Ushiro Ukemi (back breakfall)
- Migi Yoko Ukemi (right side breakfall)
- Hidari Yoko Ukemi (left side breakfall)
- Mae Ukemi (front breakfall)
- Migi Zempo Kaiten Ukemi (right side rolling breakfall)
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

#### Standing - Demonstrate
- Bow, take a basic sleeve / lapel grip and posture
- Demonstrate how to walk with partner
- Take a breakfall when thrown by partner

### White Belt 3 Orange Tabs to 1 Green Tab (normally not less than 7 years old)

**Standing - Demonstrate**
- Tai Otoshi

**Groundwork - Demonstrate**
- Turn over from press up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching position)

**Randori**
- Minimum of 2 throw for throw style randori practice

### White Belt 1 Green Tab to 2 Green Tabs (normally not less than 7 years old)

**Standing - Demonstrate**
- O Uchi Gari

**Groundwork - Demonstrate**
- Turn over into Yoko Shiho Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

### White Belt 2 Green Tabs to 3 Green Tabs (normally not less than 7 years old)

**Standing - Demonstrate**
- Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi

**Groundwork - Demonstrate**
- Turn over into Yoko Shiho Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

### Venue | Date | Examiner
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**Comments**
## Core Requirements

**Etiquette & Safety**
Kneeling, standing bows and etiquette

**Breakfalls**
- Ushiro Ukemi (back breakfall)
- Migi Yoko Ukemi (right side breakfall)
- Hidari Yoko Ukemi (left side breakfall)
- Mae Ukemi (front breakfall)
- Migi Zempo Kaiten Ukemi (right side rolling breakfall)
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

**Standing - Demonstrate**
- Bow, take a basic sleeve / lapel grip and posture
- Demonstrate how to walk with partner
- Take a breakfall when thrown by partner

### White Belt 3 Green Tabs to 1 Blue Tab (normally not less than 8 years old)

**Standing - Demonstrate**
Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari

**Groundwork - Demonstrate**
- Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position) turn over into Yoko Shiho Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

### White Belt 1 Blue Tab to 2 Blue Tabs (normally not less than 8 years old)

**Standing - Demonstrate**
O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi

**Groundwork - Demonstrate**
- Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position) turn over into Yoko Shiho Gatame and escape

**Randori**
- Minimum of 2 throw for throw style randori practice

### White Belt 2 Blue Tabs to 3 Blue Tabs (normally not less than 8 years old)

**Standing - Demonstrate**
De Ashi Barai

**Groundwork - Demonstrate**
Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame

**Randori**
- Minimum of 2 throw for throw style randori practice

**Venue** | **Date** | **Examiner**
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**Comments**
**Core Requirements**

**Etiquette & Safety**
Kneeling, standing bows and etiquette

**Breakfalls**
- Ushiro Ukemi (back breakfall)
- Migi Yoko Ukemi (right side breakfall)
- Hidari Yoko Ukemi (left side breakfall)
- Mae Ukemi (front breakfall)
- Migi Zempo Kaiten Ukemi (right side rolling breakfall)
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

**Standing - Demonstrate**
- Bow, take a basic sleeve/lapel grip and posture
- Demonstrate how to walk with partner
- Take a breakfall when thrown by partner

**White Belt 3 Blue Tabs to 1 Brown Tab (normally not less than 9 years old)**

**Standing - Demonstrate**
- Sasae Tsurikomi Ashi

**Groundwork - Demonstrate**
- Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame

**Randori**
Minimum of 2 throw for throw style randori practice

**White Belt 1 Brown Tab to 2 Brown Tabs (normally not less than 9 years old)**

**Standing - Demonstrate**
- Ko Soto Gari

**Groundwork - Demonstrate**
- Kami Shiho Gatame and escape

**Randori**
Minimum of 2 throw for throw style randori practice

**White Belt 2 Brown Tabs to 3 Brown Tabs (normally not less than 9 years old)**

**Standing - Demonstrate**
- De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsurikomi Ashi

**Groundwork - Demonstrate**
- Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching position) turn over into Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame and escape

**Randori**
Minimum of 2 throw for throw style randori practice

**Venue**
**Date**
**Examiner**

**Comments**