

Junior Shodan (Black Belt) Practice Sheet

Attack	Defense
Breakfall	Sit Breakfall Flip Flop Breakfall
Traditional Weapons	Ken Suburi 1-3 Jo Suburi 1-5
Tai no Henko	Dynamic
Yoke/Sho	Shihonage
Sho/Yoke	Kotegaeshi
Yoke/Sho	Iriminage
Mune Tsuki	Ikkyo Omote
Mune Tsuki	Ikkyo Ura
Mune Tsuki	Kotegaeshi
Katatori	Ikkyo Omote/Ura
Katatori	Kokyunage
Katatetori	Shihonage
Ryotetori (Front)	Tenchinage
Ryotetori (Rear)	Sankyo
Evaluator Choice	Any Prior Call Technique
Static Front Grabs	Freeplay (4)
Yokomen Uchi	Freeplay (4)
Shomen Uchi	Freeplay (4)
Mune Tsuki	Freeplay (4)
Ushiro Waza	Freeplay (4)
Randori (2 Uke)	Controlled (12)
50 Hours Min & Sponsor Required	Kokyu Ho