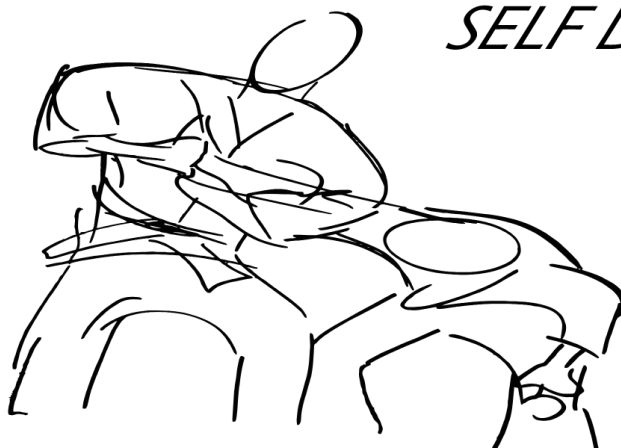


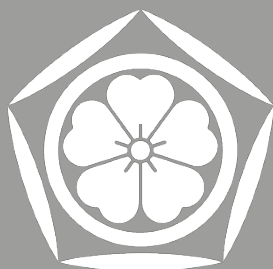
DIRECTION
TECHNIQUE

Nihon Tai Jutsu

SELF DEFENSE



**Regular for Nihon Tai Jutsu/Nihon Ju Jutsu
Ranking examinations
From 6th to 1st Kyu**



ASSOCIATION
INTERNATIONALE

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<https://aintj.net>





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PREAMBULE

The different ranks of Nihon Tai Jutsu / Nihon Ju Jutsu and associated disciplines form a whole in the knowledge progress of Nihon Tai Jutsu / Nihon Ju Jutsu and associated disciplines. The acquisition of moral values, technical and sport progress are the natural results of both teaching and training. This progression is validated through the rank scale.

This document has been created at the request of various clubs in order to help them in this approach. It is recommended to follow these guidelines, but ranking examinations from 6th Kyu to 1st Kyu shall remain under the sole technical responsibility of the club's technical director. This document is then intended as a support for every teacher who needs it, especially for the ones beginning teaching. It will also assist teachers from satellite countries of EFNTJ who have joined our school and who wish to develop the discipline in their respective countries.

This document has been written on the basis of references available in the French book « Nihon Tai Jutsu - Méthode de Self Défense Complète » of Roland HERNAEZ 9th DAN - FFKDA (French Federation of Karate and Associated Disciplines) – 10th dan SEIBUKAN KYOTO - HANSHI.

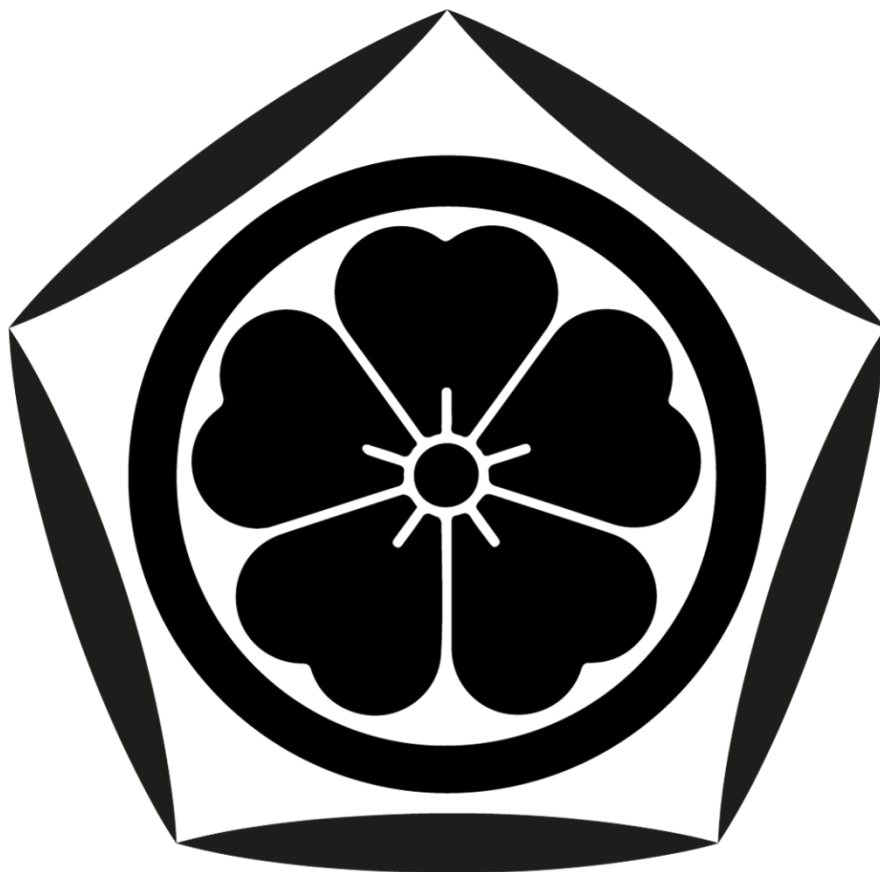
This document shall be soon completed by another document illustrated with pictures of the different required techniques (Attacks performed by Uke and defenses performed by Tori). This document will serve as a reminder : there won't be any technical details, since this work is reserved to the national technical commission.

As regards the history and knowledge about martial arts that are subjected to a test during rank examinations (Appendice I), this document builds on the document BUDO SPIRIT WORKSHOP, written by Olivier POUTOIRE, oversaw and approved by Roland HERNAEZ.

The documents « BUDO SPIRIT WORKSHOP » and the « reminder support » will be only available on-line on the EFNTJ website by the EFNTJ member clubs (access through a password).



ADMINISTRATIVE PART



DIRECTION
TECHNIQUE



CHAPTER I ORGANISATION AND OPERATION

Article L 01-001 – Content and modifications

The content of this document is not cast in stone. It is a working document for the different clubs, or sections within multisport clubs, in order to help them in ranking examinations from 6th to 1st Kyu. This document has been written on the basis of references available in different books of Roland HERNAEZ 9th DAN -FFKDA.

This regulation defines among others:

- The administrative conditions for ranking examinations.
- The technical content of examinations.

Article L 01-002 – Skills of the club technical direction

The technical direction of the club, or of the section within a multisport club, is competent for its members rank examinations from 6th to 1st Kyu.

The club/section technical direction is the only one to make decisions about examination results of its members. No appeal to any departmental, regional, national or international authorities is allowed.

The club/section technical direction is the only one to set examination date for its members.



CHAPTER II

CONDITIONS OF REGISTRATION FOR RANKING EXAMINATIONS

Article L 02-001 – General conditions

Any applicant to a rank examination that depends on the technical direction of a club or a section within a multisport club must:

- Have the authorization from his teacher/the club/section technical director.
- Attest the practice time provided for in this regulation.

Article L 02-002 – Specific conditions for A.I.N.T.J members

In addition to the aforementioned general conditions or as a reminder to them, candidates holding the A.I.N.T.J membership stamp for the current sports season must :

- Have the A.I.N.T.J passport is issued by the A.I.N.T.J.
- Attest the minimum practice time provided for in this regulation (providing the proof is possible through the presentation of the A.I.N.T.J passport duly completed with the corresponding individual A.I.N.T.J licences, including the one of the current season).

Article L 02-003 – Application form

There is no specific application form: the organisation and the conduct of ranking examinations shall remain under the sole technical responsibility of the club technical director and/or his technical assistants.

Article L 02-004 – Condition d'âge pour les passages de grade

For applicants that are at least 18 years old, there are no specific requirements.

Children clubs or sections should consult the technical progression established by the Children commission.



Article L 02-005 – Pratique time between each ranking examination

The table below summarizes the practice times that must be respected between two ranking examinations.

RANK	6 th Kyu White belt	5 th Kyu Yellow belt	4 th Kyu Orange belt	3 rd Kyu Green belt	2 nd Kyu Blue belt	1 st Kyu Brown belt
Practice times	No examination – Start of practice. A.I.N.T.J individual licence of the current season.	At least 3 months of practice between 6 th Kyu and 5 th Kyu ranking examinations. A.I.N.T.J individual licence of the current season.	At least 5 months of practice between 5 th Kyu and 4 th Kyu ranking examinations. A.I.N.T.J individual licence of the current season.	At least 5 months of practice between 4 th and 3 rd Kyu ranking examinations. 2 A.I.N.T.J individual licences, including the one of the current season.	At least 5 months of practice between 3 rd and 2 nd Kyu ranking examinations. 2 A.I.N.T.J individual licences, including the one of the current season.	At least 5 months of practice between 2 nd Kyu and 1 st Kyu ranking examinations. 3 A.I.N.T.J individual licences, including the one of the current season.

Article L 02-006 – Ranking examination frequency within the club

The ranking examination frequency within a club or section is under the sole responsibility of the club/section technical director, who:

- Manages the number of ranking examinations during the season and sets the dates according to his availabilities;
- Is not obliged to set a provisional timetable.

Article L 02-007 – Ranking validation from 6th au 1st Kyu

To be valid, 6th to 1st Kyu ranking must be:

- Validated by the technical director of the club or section within a multisport club;
- Reported on the A.I.N.T.J passport by the club/section technical director.

The official date of obtaining the rank is the one reported on the A.I.N.T.J passport.



CHAPTER III

JURY FOR RANKING EXAMS

Article L 03-001 – General conditions

Jury is under the sole responsibility of the technical director of the club or section within a multisport club. He may decide to be assisted or to delegate some tasks to his technical assistants that must be at least 1st Dan black belt.



TECHNICAL SECTION





CHAPTER I GENERAL RULES

Article R 01-001 – General rules

The regulation and the program of ranking examinations are the same for men and women.

The club technical director can evaluate the different applicants alone or he can be assisted by his assistants and/or by someone who is at least Black belt 1st Dan.

The examination board must take into account the applicant age in the evaluation of his technical performance.

The minimum practice times that must be respected between two ranking examinations are given in Article 205.

All gradings can take place in public or closed-doors: only the technical director is able to make any decision about grading conditions.



CHAPITRE II

RANKING EXAMINATION PROGRAMS

Article R 02-001 – Ranking examination for 6th Kyu (White Belt)

This rank is automatically given to any beginner arriving in the club: it marks the start of his training in Nihon Tai Jutsu. No grading is required.



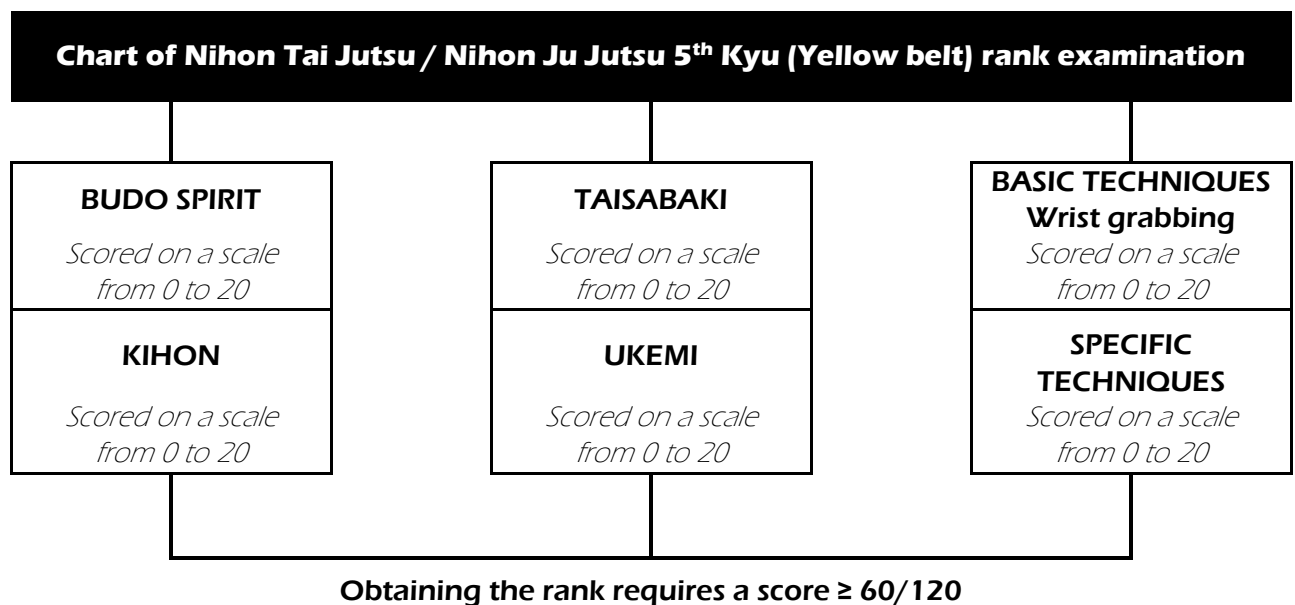
Article R 02-002 – Ranking examination for 5th Kyu (Yellow Belt)

The 5th Kyu (Yellow belt) grading consists of 6 tests (UV), each of them being scored on a 20 points scale:

The tests are :

- 1/ Budo spirit
- 2/ Kihon
- 3/ Tai sabaki
- 4/ Ukemi
- 5/ Basic techniques
- 6/ Specific techniques

If the applicant scores less than 60/120, the UV for which he got a score greater than or equal to 10/20 are definitively validated. In this case, the applicant has only to resit the UV for which he got less than 10/20 until he gets a score greater than or equal to 10/20. There is no elimination score.



Test n° 1/ Budo spirit

The 5th Kyu applicant must know (see Appendix I):

- The dress codes:
 - keigogi
 - belt knot
- Bowings:
 - standing
 - kneeling



- Some commands :
 - Commands for the beginning of a class
 - Main commands that can be given during a class
 - Commands for the end of a class
- Answers to some simple questions about martial arts history (see Appendix I).

Test n° 2/ Kihon

The Kihon test is scored on a scale between 0 and 20, and consists of 4 parts (See Appendix II).

Part 1 - Positions (Dachi)

The 5th Kyu applicant is assessed on different basic positions:

- Yoi position;
- Rear weight position Kokutsu Dachi;
- Front weight position Zenkutsu Dachi;
- Standard 50/50 position Fudo Dachi;

Part 2 – Basic guard (Kamae)

The 5th Kyu applicant is assessed on the different basic guards used in Nihon Tai Jutsu and Nihon Ju Jutsu:

- The classic guard;
- The mixed guard;
- The Kempo guard.

Part 3 – Basic steps

The 5th Kyu applicant must be able to move three steps back and forth by moving forward and/or backward and by changing his guard.

The applicant must be able to make a half-turn too.

Part 4 – Defense postures and Atemi (body-striking techniques)

The 5th Kyu applicant is assessed on atemi and/or simple defense postures performed by moving forward on three steps. The movements are imposed and announced by the jury.

Refer to Appendix II that includes a table with the list of defense postures and atemi.



Test n° 3/ Tai sabaki

The Tai sabaki test is scored on a scale between 0 and 20, and consists of 2 parts.

Part 1 – Tai sabaki performed alone

The 5th Kyu applicant must be able to perform alone the 8 tai sabaki, 4 to the right and 4 to the left.

- Lateral (Yoko) Tai sabaki;
- Forward (Mae) Tai sabaki;
- Backward (Ushiro) Tai sabaki;
- Rotative Tai sabaki.

Part 2 – Tai sabaki performed with a partner

The 5th Kyu applicant must be then able to perform the 8 tai sabaki with a partner of his choice, and to perform an adapted defense posture followed by an atemi of his choice.

Uke will always attack Tori in the same way: chest pushing (See Appendix II).

Test n° 4/ Falls - Ukemi

The 5th Kyu applicant must be able to perform the following falls on the right side (see Appendix II):

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall

Test n° 5/ Basic techniques

The 5th Kyu applicant must be able to perform the 8 basic techniques (Codified defenses against wrist grabbing, see Appendix III) with a defense using atemi.

Test n° 6/ Specific techniques with a partner

The 6th test is scored on a scale between 0 and 20, and consists of 2 parts (see Appendix VI).

Part 1 – Specific Joint Lock techniques

The 5th Kyu applicant must be able to perform the specific joint lock techniques requested by the examination board (Refer to the list of joint lock techniques - Appendix VII).

Part 2 - Specific Throwing techniques

The 5th Kyu applicant must be able to perform the specific throwing techniques requested by the examination board (Refer to the list of throwing techniques - Appendix IX).

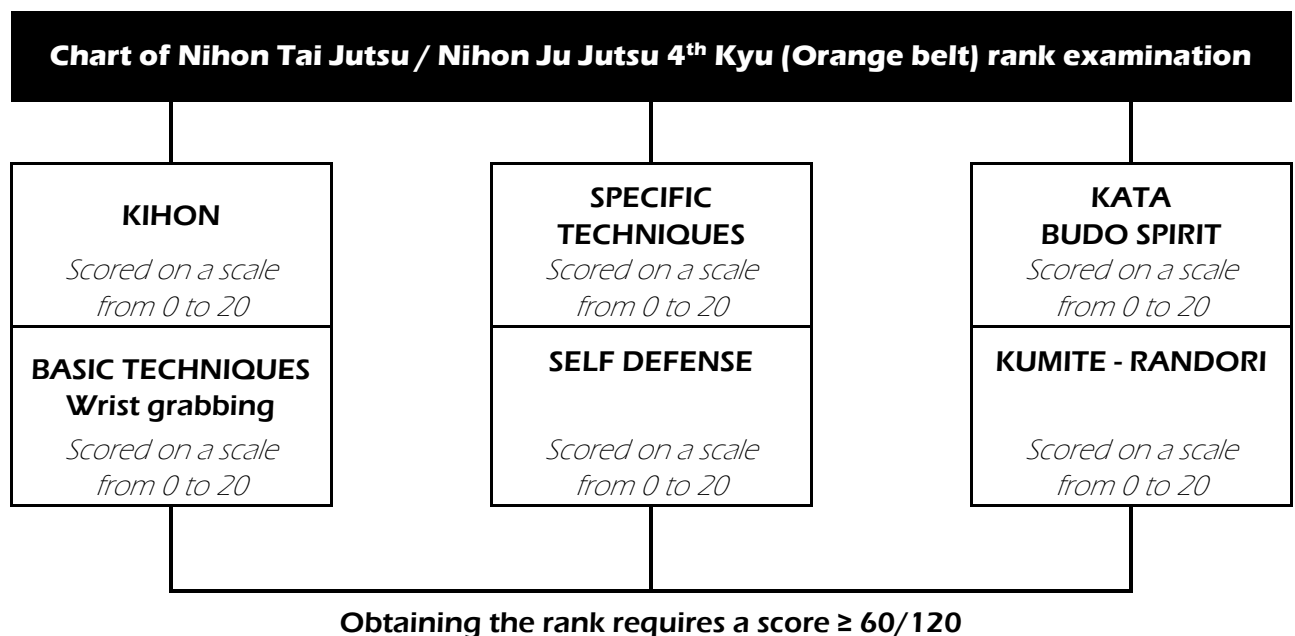


Article R 02-003 – Ranking examination for 4th KYU (Orange Belt)

The 4th Kyu (Orange belt) grading consists of 6 tests (UV), each of them being scored on a 20 points scale:

- 1/ Kihon
- 2/ Basic techniques
- 3/ Specific techniques
- 4/ Self defense
- 5/ Kata / Budo spirit
- 6/ Kumite - Randori

If the applicant scores less than 60/120, the UV for which he got a score greater than or equal to 10/20 are definitively validated. In this case, the applicant has only to resit the UV for which he got less than 10/20 until he gets a score greater than or equal to 10/20. There is no elimination score.



Test n° 1/ Kihon

The Kihon test is scored on a scale between 0 and 20, and consists of 4 parts (See Appendix II).

Part 1 - Tai sabaki performed alone

The 4th Kyu applicant must be able to perform alone the 8 tai sabaki, 4 to the right and 4 to the left, followed by a defense posture and an atemi of his choice:

- Lateral (Yoko) Tai sabaki;
- Forward (Mae) Tai sabaki;
- Backward (Ushiro) Tai sabaki;
- Rotative Tai sabaki.



Part 3 - Tai sabaki performed with a partner

The 4th Kyu applicant must be then able to perform the 8 tai sabaki with a partner of his choice, and to perform an adapted defense posture followed by an atemi of his choice.

The applicant stands in the Yoi position and Uke in the mixed guard. Uke attacks Tori by performing 4 oi tsuki chudan (Tori performs the lateral and forward taisabaki on the right side and on the left side), then 2 mae geri (Tori performs backward taisabaki on the right side and on the left side) and 2 oi tsuki chudan (Tori performs rotative taisabaki on the right side and on the left side).

Tori must demonstrate his control of gesture and distance by performing simple techniques. Uke and Tori return to their starting position at the end of each movement.

Part 3 – Kihon performed alone

The 4th Kyu applicant is assessed on atemi and/or simple defense postures performed by moving forward or backward on three steps. The movements are imposed and announced by the examination board.

Part 4 – Ukemi

The 4th Kyu applicant must be able to perform the following falls on the right and left sides (see Appendix II):

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall

Test n° 2/ Basic techniques

The 4th Kyu applicant must be able to perform 9 basic techniques (Codified defenses against wrist grabbing, see Appendix III) chosen randomly and distributed as follows:

- 3 basic atemi techniques
- 3 basic joint lock techniques.
- 3 basic throwing techniques.

Test n° 3/ Specific techniques with a partner

The 3rd test is scored on a scale between 0 and 20, and consists of 2 parts.

Part 1 – Specific Joint Lock techniques

The 4th Kyu applicant must be able to perform the specific joint lock techniques requested by the examination board (Refer to the list of joint lock techniques - Appendix VII).

Part 2 - Specific Throwing techniques

The 4th Kyu applicant must be able to perform the specific throwing techniques requested by the examination board (Refer to the list of throwing techniques - Appendix IX).



Test n° 4/ Self Defense

The 4th Kyu applicant must be able to defend himself against simple attacks requested by the examination board. The applicant will be assessed on 5 attacks chosen randomly (Refer to the list, Appendix XII and XIII).

Test n° 5/ Kata / Esprit budo

The 5th test is scored on a scale between 0 and 20 and consists of 2 parts.

Part 1 - Kata (scored on a scale between 0 and 15)

The 4th Kyu applicant must be able to perform the kata that correspond to the 4th Kyu rank (See Appendix IV and V).

Part 2 - Budo spirit (scored on a scale between 0 and 5)

The 4th Kyu applicant must be able to answer simple questions about martial arts history (See Appendix I).

Test n° 6/ Kumite - Randori

The 4th Kyu applicant must be able to perform an atemi randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately (See Appendix XVIII).

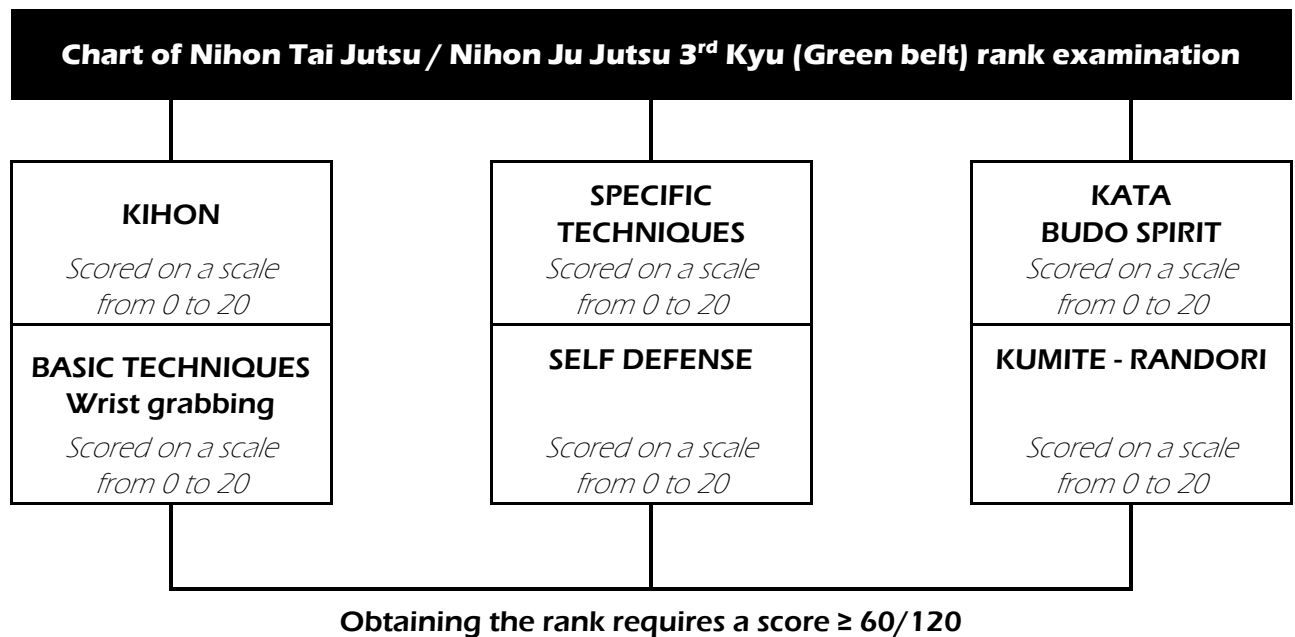


Article R 02-004 – Ranking examination for 3^{ème} Kyu (Green Belt)

The 3rd Kyu (Green belt) examination consists of 6 tests (UV), each of them is scored on a 20 points scale:

- 1/ Kihon
- 2/ Basic techniques
- 3/ Specific techniques
- 4/ Self defense
- 5/ Kata / Budo spirit
- 6/ Kumite - Randori

If the applicant scores under 60/120, the UV for which he got a score greater than or equal to 10/20 are definitively validated. In this case, the applicant has only to resit the UV for which he got less than 10/20 until he gets a score greater than or equal to 10/20. There is no elimination score.



Test n° 1/ Kihon

The Kihon test is scored on a scale between 0 and 20, and consists of 4 parts (See Appendix II).

Part 1 – Tai sabaki performed alone

The 3rd Kyu applicant must be able to perform alone the 8 tai sabaki, 4 to the right and 4 to the left, followed by a defense posture and an atemi of his choice:

- Lateral (Yoko) Tai sabaki;
- Forward (Mae) Tai sabaki;
- Backward (Ushiro) Tai sabaki;
- Rotative Tai sabaki.



Part 2 – Tai sabaki performed with a partner

The 3rd Kyu applicant must be then able to perform the 8 tai sabaki with a partner of his choice, and to perform an adapted defense posture followed by an atemi of his choice.

The applicant stands in the Yoi position and Uke in the mixed guard. Uke attacks Tori by performing 4 oi tsuki chudan (Tori performs the lateral and forward taisabaki on the right side and on the left side), then 2 mae geri (Tori performs backward taisabaki on the right side and on the left side) and 2 oi tsuki chudan (Tori performs rotative tai sabaki on the right side and on the left side).

Tori must demonstrate his control of gesture and distance by performing simple techniques. Uke and Tori return to their starting position at the end of each movement.

Part 3 – Kihon

The 3rd Kyu applicant is assessed on atemi and/or simple defense postures performed by moving forward or backward on three steps. The movements are imposed and announced by the examination board.

Part 4 – Ukemi

The 3rd Kyu applicant must be able to perform the following falls on the right and left sides:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall
- Lateral roll
- Lateral breakfall

After each roll/breakfall, the 3rd applicant must be able to perform a defense posture on the ground before standing up and performing a guard of his choice.

Test n° 2/ Techniques de Base

The 3rd Kyu applicant must be able to perform 12 basic techniques (Codified defenses against wrist grabbing, see Appendix III) chosen randomly and distributed as follows:

- 4 basic atemi techniques;
- 4 basic joint lock techniques;
- 4 basic throwing techniques.

Test n° 3/ Specific techniques with a partner

The 3rd test is scored on a scale between 0 and 20 and consists of 4 parts.

Part 1 – Specific Joint Lock techniques

The 3rd Kyu applicant must be able to perform the specific joint lock techniques requested by the examination board (Refer to the list of joint lock techniques - Appendix VII).

Part 2 - Specific Throwing techniques

The 3rd Kyu applicant must be able to perform the specific throwing techniques requested by the examination board (Refer to the list of throwing techniques - Appendix IX).



Part 3 - Specific Sutemi techniques

The 3rd Kyu applicant must be able to perform the specific sutemi techniques requested by the examination board (Refer to the list of sutemi - Appendix X).

Part 4 – Specific Pinning techniques (Osaewaza)

The 3rd Kyu applicant must be able to perform the specific pinning techniques requested by the examination board (Refer to the list of pinning techniques - Appendix XI).

Test n° 4/ Self Defense

The 4th test is scored on a scale between 0 and 20 and consists of 3 parts.

Part 1 – Atemi attacks from the front

The 3rd Kyu applicant must be able to defend himself against 5 atemi attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XIII).

Part 2 – Grabbing attacks from the front

The 3rd Kyu applicant must be able to defend himself against 5 grabbing attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XIV).

Part 3 – Lateral attacks

The 3rd Kyu applicant must be able to defend himself against 5 lateral attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XV).

Test n° 5/ Kata / Budo spirit

The 5th test is scored on a scale between 0 and 20, and consists of 2 parts.

Part 1 - Kata *(scored on a scale between 0 and 15)*

The 3rd Kyu applicant must be able to perform the kata that correspond to the 3rd Kyu rank (See Appendix IV and V).

Part 2 - Budo spirit *(scored on a scale between 0 and 5)*

The 3rd Kyu applicant must be able to answer simple questions about martial arts history (See Appendix I).

Test n° 6/ Kumite - Randori

The 3rd Kyu applicant must be able to perform 3 Randori (See Appendix XVIII):

- 1 atemi randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori with at least 5 partners chosen by the examination board.

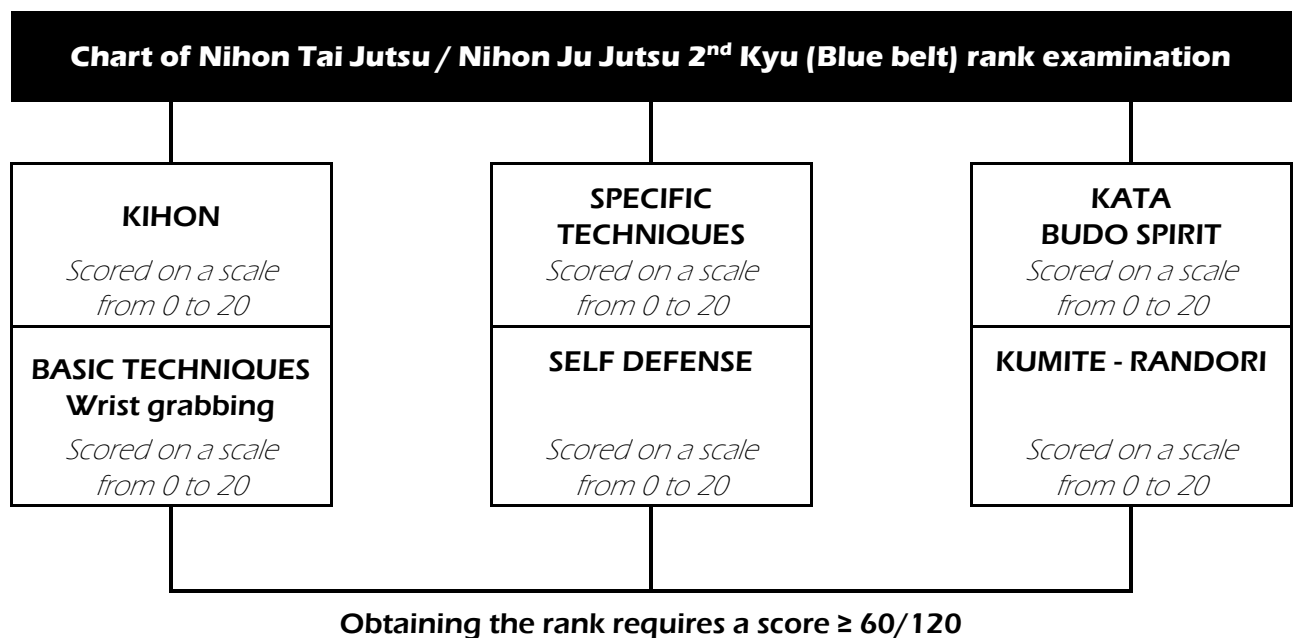


Article R 02-005 – Ranking examination for 2nd Kyu (Blue Belt)

The 2nd Kyu (Blue belt) examination consists of 6 tests (UV), each of them is scored on a 20 points scale:

- 1/ Kihon
- 2/ Basic techniques
- 3/ Specific techniques
- 4/ Self defense
- 5/ Kata – Budo spirit
- 6/ Kumite - Randori

If the applicant scores under 60/120, the UV for which he got a score greater than or equal to 10/20 are definitively validated. In this case, the applicant has only to resit the UV for which he got less than 10/20 until he gets a score greater than or equal to 10/20. There is no elimination score.



Test n° 1/ Kihon

The Kihon test is scored on a scale between 0 and 20, and consists of 4 parts (See Appendix II).

Part 1 – Tai sabaki performed alone

The 2nd Kyu applicant must be able to perform alone the 8 tai sabaki, 4 to the right and 4 to the left, followed by a defense posture and an atemi of his choice:

- Lateral (Yoko) Tai sabaki;
- Forward (Mae) Tai sabaki;
- Backward (Ushiro) Tai sabaki;
- Rotative Tai sabaki.



Part 2 – Tai sabaki performed with a partner

The 2nd Kyu applicant must be then able to perform the 8 tai sabaki with a partner of his choice, and to perform an adapted defense posture followed by an atemi of his choice.

The applicant stands in the Yoi position and Uke in the mixed guard. Uke attacks Tori by performing 4 oi tsuki chudan (Tori performs the lateral and forward tai sabaki on the right side and on the left side), then 2 mae geri (Tori performs backward taisabaki on the right side and on the left side) and 2 oi tsuki chudan (Tori performs rotative tai sabaki on the right side and on the left side).

Tori must demonstrate his control of gesture and distance by performing simple techniques. Uke and Tori return to their starting position at the end of each movement.

Part 3 – Kihon

The 2nd Kyu applicant is assessed on atemi and/or simple defense postures performed by moving forward or backward on three steps. The movements are imposed and announced by the examination board.

Part 4 – Ukemi

The 2nd Kyu applicant must be able to perform the following falls on the right and left sides:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall
- Lateral roll
- Lateral breakfall

After each roll/breakfall, the 2nd applicant must be able to perform a defense posture on the ground before standing up and performing a guard of his choice.

Test n° 2/ Basic techniques

The 2nd Kyu applicant must be able to perform 15 basic techniques (Codified defenses against wrist grabbing, see Appendix III) chosen randomly and distributed as follows:

- 5 basic atemi techniques
- 5 basic joint lock techniques
- 5 basic throwing techniques.

Test n° 3/ Specific techniques with a partner

The 3rd test is scored on a scale between 0 and 20 and consists of 5 parts.

Part 1 – Specific Joint Lock techniques

The 2nd Kyu applicant must be able to perform the specific joint lock techniques requested by the examination board (Refer to the list of joint lock techniques - Appendix VII).

Part 2 - Specific Constriction techniques

The 2nd Kyu applicant must be able to perform the specific constriction techniques requested by the examination board (Refer to the list of constriction techniques - Appendix VIII).



Part 3 - Specific Throwing techniques

The 2nd Kyu applicant must be able to perform the specific throwing techniques requested by the examination board (Refer to the list of throwing techniques - Appendix IX).

Part 4 - Specific Sutemi techniques

The 2nd Kyu applicant must be able to perform the specific sutemi techniques requested by the examination board (Refer to the list of sutemi - Appendix X).

Part 5 – Specific Pinning techniques (Osaewaza)

The 2nd Kyu applicant must be able to perform the specific pinning techniques requested by the examination board (Refer to the list of pinning - Appendix XI).

Test n° 4/ Self Défense

The 4th test is scored on a scale between 0 and 20, and consists of 5 parts.

Part 1 – Atemi attacks from the front

The 2nd Kyu applicant must be able to defend himself against 5 atemi attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XIII).

Part 2 – Grabbing attacks from the front

The 2nd Kyu applicant must be able to defend himself against 5 grabbing attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XIV).

Part 3 – Lateral attacks

The 2nd Kyu applicant must be able to defend himself against 5 lateral attacks requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XV).

Part 4 - Grabbing attacks from the back

The 2nd Kyu applicant must be able to defend himself against 5 attacks from the back requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XVI).

Part 5 – Attacks on the ground

The 2nd Kyu applicant must be able to defend himself against 5 attacks on the ground requested by the examination board. The 5 attacks will be chosen randomly (Refer to the list, Appendix XVII).

Test n° 5/ Kata /Budo spirit

The 5th test is scored on a scale between 0 and 20, and consists of 2 parts.

Part 1 - Kata *(scored on a scale between 0 and 15)*

The 2nd Kyu applicant must be able to perform the kata that correspond to the 2nd Kyu rank (See Appendix IV and V).

Part 2 - Budo spirit *(scored on a scale between 0 and 5)*

The 2nd Kyu applicant must be able to answer simple questions about martial arts history (See Appendix I).



Test n° 6/ Kumite. - Randori

The 2nd Kyu applicant must be able to perform 4 Randori (See Appendix XVIII):

- 1 atemi randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori with at least 5 partners chosen by the examination board.
- 1 randori on the ground that won't last more than 1 minute 30 with a partner of his choice.

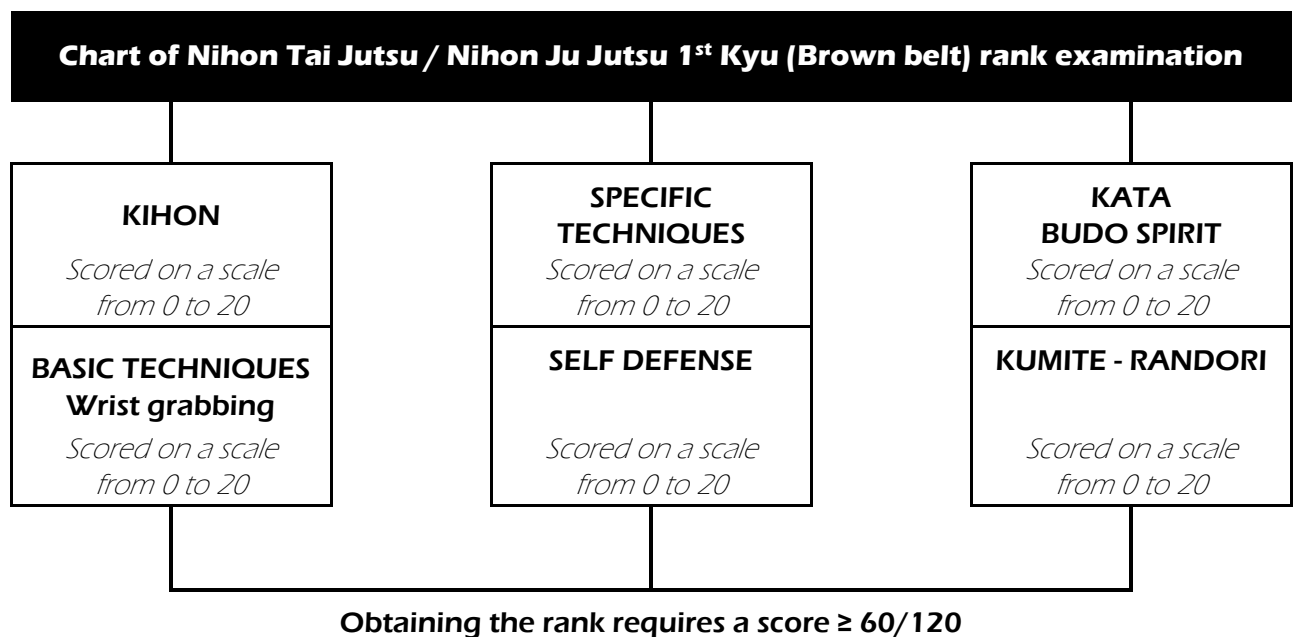


Article R 02-006 – Ranking examination for 1st Kyu (Brown Belt)

The 1st Kyu (Brown belt) examination consists of 6 tests (UV), each of them is scored on a 20 points scale:

- 1/ Kihon
- 2/ Basic techniques
- 3/ Specific techniques
- 4/ Self defense
- 5/ Kata – Budo spirit
- 6/ Kumite - Randori

If the applicant scores under 60/120, the UV for which he got a score greater than or equal to 10/20 are definitively validated. In this case, the applicant has only to resit the UV for which he got less than 10/20 until he gets a score greater than or equal to 10/20. There is no elimination score.



Test n° 1/ Kihon

The Kihon test is scored on a scale between 0 and 20, and consists of 5 parts (See Appendix II).

Part 1 – Tai sabaki performed alone

The 1st Kyu applicant must be able to perform alone the 8 tai sabaki, 4 to the right and 4 to the left, followed by a defense posture and an atemi of his choice:

- Lateral (Yoko) Tai sabaki;
- Forward (Mae) Tai sabaki;
- Backward (Ushiro) Tai sabaki;
- Rotative Tai sabaki.



Part 2 – Tai sabaki performed with a partner

The 1st Kyu applicant must be then able to perform the 8 tai sabaki with a partner of his choice, and to perform an adapted defense posture followed by an atemi of his choice.

The applicant stands in the Yoi position and Uke in the mixed guard. Uke attacks Tori by performing 4 oi tsuki chudan (Tori performs the lateral and forward taisabaki on the right side and on the left side), then 2 mae geri (Tori performs backward taisabaki on the right side and on the left side) and 2 oi tsuki chudan (Tori performs rotative taisabaki on the right side and on the left side).

Tori must demonstrate his control of gesture and distance by performing simple techniques. Uke and Tori return to their starting position at the end of each movement.

Part 3 – Kihon

The 1st Kyu applicant is assessed on atemi and/or simple defense postures performed by moving forward or backward on three steps. The movements are imposed and announced by the jury.

Part 4 – Kihon Ippon Kumite

Kihon Ippon Kumite is a conventional assault that consists of 5 attacks:

- Shuto Shomen Uchi
- Oi tsuki chudan
- Mae geri
- Mawashi geri chudan
- Yoko geri chudan

Each attack is performed, once to the right, once to the left. Against each attack, the applicant must perform only one defense movement.

The assault takes place as follows :

- Both applicants stand at 1 meter distance from each other, and sideways to the examination board.
- Uke stands in the left mixed guard for the attacks on the right and in the right mixed guard for the attacks on the left.
- Tori stays in yoi position.
- Uke announces his attack and after a concentration time, attacks in a way as convincing and determined as possible.
- Tori performs a simple defense technique by atemi, joint lock, throw or constriction.

After each attack, Uke and Tori return to their starting position.

Uke perform the 5 attacks on the right, then the 5 attacks on the left.

The attack will always be performed with the backward leg or arm.

The applicants will switch the roles once all the attacks have been performed if Uke and Tori are both applicants.



Part 5 – Ukemi

The 1st Kyu applicant must be able to perform the following falls on the right and left sides:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall
- Lateral roll
- Lateral breakfall

After each roll/breakfall, the 1st applicant must be able to perform a defense posture on the ground before standing up and performing a guard of his choice.

Test n° 2/ Basic techniques

The 1st Kyu applicant must be able to perform 18 basic techniques (Codified defenses against wrist grabbing, see Appendix III) chosen randomly and distributed as follows:

- 6 basic atemi techniques
- 6 basic joint lock techniques
- 6 basic throwing techniques.

Test n° 3/ Specific techniques with a partner

The 3rd test is scored on a scale between 0 and 20 and consists of 5 parts.

Part 1 – Specific Joint Lock techniques

The 1st Kyu applicant must be able to perform the specific joint lock techniques requested by the examination board. The 1st Kyu applicant must be able to perform different control techniques « Viens-Donc » too (Refer to the list of joint lock techniques - Appendix VII).

Part 2 - Specific Constriction techniques

The 1st Kyu applicant must be able to perform the specific constriction techniques requested by the examination board (Refer to the list of constriction techniques - Appendix VIII).

Part 3 - Specific Throwing techniques

The 1st Kyu applicant must be able to perform the specific throwing techniques requested by the examination board (Refer to the list of throwing techniques - Appendix IX).

Part 4 - Specific Sutemi techniques

The 1st Kyu applicant must be able to perform the specific sutemi techniques requested by the examination board (Refer to the list of sutemi - Appendix X).

Part 5 – Specific Pinning techniques (Osaewaza)

The 1st Kyu applicant must be able to perform the specific pinning techniques requested by the examination board (Refer to the list of pinning techniques - Appendix XI).



Test n° 4/ Self Defense

The 4th test is scored on a scale between 0 and 20, and consists of 5 parts.

Part 1 – Atemi attacks from the front

The 1st Kyu applicant must be able to defend himself against 6 atemi attacks requested by the examination board. The attacks will be chosen randomly (Refer to the list, Appendix XIII).

Part 2 – Grabbing attacks from the front

The 1st Kyu applicant must be able to defend himself against 6 grabbing attacks requested by the examination board. The attacks will be chosen randomly (Refer to the list, Appendix XIV).

Part 3 – Lateral attacks

The 1st Kyu applicant must be able to defend himself against 6 lateral attacks requested by the examination board. The attacks will be chosen randomly (Refer to the list, Appendix XV).

Part 4 - Grabbing attacks from the back

The 1st Kyu applicant must be able to defend himself against 6 attacks from the back requested by the examination board. The attacks will be chosen randomly (Refer to the list, Appendix XVI).

Part 5 – Attacks on the ground

The 1st Kyu applicant must be able to defend himself against 6 attacks on the ground requested by the examination board. The attacks will be chosen randomly (Refer to the list, Appendix XVII).

Epreuve n° 5/ Kata / Budo spirit

The 5th test is scored on a scale between 0 and 20 and consists of 2 parts.

Part 1 - Kata *(scored on a scale between 0 and 15)*

The 1st Kyu applicant must be able to perform the kata that correspond to the 1st Kyu rank (See Appendix IV and V).

Part 2 - Budo spirit *(scored on a scale between 0 and 5)*

The 1st Kyu applicant must be able to answer simple questions about martial arts history (See Appendix I).

Test n° 6/ Kumite-Randori

The 1st Kyu applicant must be able to perform 4 Randori (See Appendix XVIII).

- 1 atemi randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori that won't last more than 1 minute 30 with a partner of his choice. Both partners attack and defend alternately.
- 1 Nihon Tai Jutsu randori with at least 5 partners chosen by the examination board.
- 1 randori on the ground that won't last more than 1 minute 30 with a partner of his choice.



APPENDIXES





APPENDIX I BUDO SPIRIT

According to his rank, the applicant must be able to reply to different questions about the history and knowledge about martial arts. The questions will be obligatorily from the document BUDO SPIRIT WORKSHOP, written by Olivier POUTOIRE, oversaw and approved by Roland HERNAEZ, 9th dan FFDKA – 10th dan SEIBUKAN KYOTO - HANSHI.

The documents « BUDO SPIRIT WORKSHOP » is be only available on-line on the EFNTJ website by the EFNTJ member clubs (access through a password).

5th Kyu rank	Difficulty level	★★	★★	★★			
	Sheet N°	1.2	2.4	3.5			
4th Kyu rank	Difficulty level	★★	★★	★★	★★	★★★★	
	Sheet N°	1.3	1.5	2.2	3.3	3.9	
3th Kyu rank	Difficulty level	★★	★★	★★	★★	★★★★	
	Sheet N°	1.4	1.7	2.3	2.10	3.1	
2nd Kyu rank	Difficulty level	★★	★★★★	★★	★★★★	★★★★	
	Sheet N°	1.9	2.1	2.5	3.2	3.10	
1st Kyu rank	Difficulty level	★★★★ ★	★★★★ ★	★★★★	★★★★	★★★★	★★★★
	Sheet N°	1.1	1.6	2.6	2.7	3.4	3.6



APPENDIX II KIHON

The Kihon Appendix consists of the following parts:

- KIHON
- TAI SABAKI
- UKEMI

KIHON

The applicants from 5th to 1st Kyu must be able to perform the different techniques provided in the following table on the request of the examination board. These techniques consist of:

- Different positions (DACHI),
- Different guards,
- Different defense techniques (UKE WAZA),
- Punches, kicks, blocks and different atemi techniques performed with arms and legs (ATEMI WAZA),
- Different TAI SABAKI,
- Some simple sequences of movements.

Comment: Any sequence of movements should not exceed more than 3 techniques.

POSITION : DACHI	
HEIKO DACHI	HEIKO DACHI
ZENKUTSU DACHI	ZENKUTSU DACHI
KOKUTSU DACHI	KOKUTSU DACHI
KIBA DACHI	KIBA DACHI
FUDO DACHI	FUDO DACHI
NEKO ASHI DACHI	NEKO ASHI DACHI
GUARDS	
HIDARI KAMAE	HIDARI KAMAE
MIGI KAMAE	MIGI KAMAE
TAI SABAKI	
HIRAKI	HIRAKI
IRIMI	IRIMI
NAGASHI	NAGASHI
IRIMI SENKAI	IRIMI SENKAI



DEFENSE TECHNIQUES : UKE WAZA	
GEDAN BARAI	Low level defense movement with the arm
JODAN AGE UKE	Upper-level defense movement with the arm
SOTO UDE UKE	Defense movement with the arm from outside inward
UCHI UDE UKE	Defense movement with the arm from inside outward
SHUTO UKE	Knifehand defense movement
JUJI UKE or KOSA UKE	Defense movement with arms crossed - lattice
MOROTE UKE	Double defense movement, with the rear arm for protection
ATEMI WAZA	
PUNCHES : TSUKI WAZA	
CHOKU TSUKI	Straight punch
TATE TSUKI	Vertical fist punch
MAETE TSUKI	Jab
KIZAMI TSUKI	Punch ending in a profile position
OI TSUKI	Lunge punch
GYAKU TSUKI	Reverse punch
MAWASHI TSUKI	Roundhouse punch
URA TSUKI	Close range uppercut punch
NUKITE	Spear hand
STRIKING TECHNIQUES : UCHI WAZA	
URAKEN UCHI	Back fist strike
TETSUI UCHI	Hammer fist strike
SHOMEN SHUTO UCHI	Upper-level attack with knifehand
YOKOMEN SHUTO UCHI	Round upper-level attack with knifehand
HAITO UCHI	Ridge-hand strike
TEISHO UCHI	Palm-heel strike
MAE EMPI UCHI	Elbow strike
MAWASHI EMPI UCHI	Round elbow strike
YOKO EMPI UCHI	Lateral elbow strike
TATE EMPI UCHI	Bottom up elbow strike
OTOSHI EMPI UCHI	Top to bottom elbow strike
USHIRO EMPI UCHI	Back elbow strike
KICKS : KERI WAZA	
MAE GERI	Front kick
MAWASHI GERI	Round kick
YOKO GERI	Side kick
USHIRO GERI	Back kick
TOBI GERI	Flying front kick
KAKATO GERI	Top to bottom heel kick
HIZA GERI	Knee kick



UKEMI	
HASHIRU MAE UKEMI	Forward roll
MAE UKEMI KAMAE	Forward roll followed by a defense posture on the ground before standing up and performing a guard
MAE UKEMI	Forward breakfall followed by a defense posture on the ground
HASHIRU USHIRO UKEMI	Backward roll
USHIRO UKEMI KAMAE	Backward roll followed by a defense posture on the ground before standing up and performing a guard
USHIRO UKEMI	Backward breakfall
USHIRO UKEMI	Backward breakfall followed by a defense posture on the ground
YOKO UKEMI	Chute latérale

* Tsuki ou Zuki

TAI SABAKI :

In Nihon Tai Jutsu and Nihon Ju Jutsu, there are 8 tai sabaki, 4 to the right and 4 to the left:

- Lateral Tai sabaki
- Frontward Tai sabaki
- Backward Tai sabaki
- Rotative Tai sabaki

Tai sabaki performed alone

- The 5th Kyu applicant must be able to perform alone the 8 tai sabaki.
- From 4th Kyu, the applicants must be able to perform alone the 8 tai sabaki, followed by a defense posture and an atemi of his choice.

Tai sabaki performed with a partner

- For the 5th Kyu Uke will attack Tori 8 times in the same way: a push to the chest. Tori must then be able to perform the 8 tai sabaki, followed by an adapted defense posture and an atemi of his choice.
- From 4th Kyu, Uke attacks and Tori defends as follows:
 - Uke attacks 2 oi tsuki - Tori performs the lateral tai sabaki followed by an adapted defense posture and an atemi.
 - Uke attacks 2 oi tsuki - Tori performs the frontward tai sabaki followed by an adapted defense posture and an atemi.
 - Uke attacks 2 mae geri - Tori performs the backward tai sabaki followed by an adapted defense posture and an atemi.
 - Uke attacks 2 oi tsuki - Tori performs the rotative tai sabaki followed by an adapted defense posture and an atemi.

UKEMI

The 5th Kyu applicant must be able to perform the following falls on the RIGHT side:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall



The 4th Kyu applicant must be able to perform the following falls on the RIGHT and LEFT sides:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall

The 3rd, 2nd and 1st Kyu applicant must be able to perform the following falls on the RIGHT and LEFT sides:

- Forward roll
- Forward breakfall
- Backward roll
- Backward breakfall
- Lateral roll
- Lateral breakfall

After each roll/breakfall, the applicant must be able to perform a defense posture on the ground before standing up and performing a guard of his choice.

For each test, applicants are evaluated according to the following criteria:

- Power and speed of execution,
- Ease of moves,
- Stability and balance,
- Good physical attitude,
- Determination.



APPENDIX III BASIC TECHNIQUES

BASIC TECHNIQUES

Basic techniques consist of codified defenses against 8 wrist grabbing. For each way of grabbing, there are 3 different defense techniques: one atemi technique, one joint lock technique and one throwing technique.

Uke and Tori shall be placed at one meter distance and stand sideways to the examination board, Tori is on the left of the examination board. After bowing, Tori stands in Yoi position (by moving first the left foot, then the right one) and Uke stands in left stance (Uke brings the right left backward).

Uke attacks the announced grabbing by moving forward so that he has both feet parallel. Uke always attacks Tori with the right hand and for the two-hand grabbing by grabbing Tori first with the right hand.

Tori performs the corresponding codified defense.

After each technique, Uke and Tori return to their starting position.

The wrist grabbing are the following:

1. Direct grab of one wrist (Uke grabs the left wrist of Tori)
2. Diagonal grab of one wrist (Uke grabs the right wrist of Tori)
3. Two-hands grab of one wrist (Uke grabs the right wrist of Tori)
 - 1st way Tori's thumb is upward (for the atemi technique)
 - 2nd way the palm of Tori's hand is downward (for the atemi technique, joint lock technique and throwing technique)
4. Grabbing of the two wrists (two ways for the atemi technique)
5. Direct top-level grab of one wrist (Tori puts his left hand up - Uke grabs Tori's left wrist.)
 - For the throwing technique, Uke grabs Tori's two wrists.
6. Diagonal top-level grab of one wrist (Tori puts his right hand up - Uke grabs Tori's right wrist.)
 - For the throwing technique, Uke grabs Tori's right wrist with his two hands.
7. Lateral grabbing of one wrist (Tori stands facing the examination board and Uke positions himself to the left of Tori).
8. Backward grabbing of wrists. (Two atemi techniques and two throwing techniques).

The 5th Kyu applicants must be able to perform the 8 basic techniques.

The 4th Kyu applicants must be able to perform 9 basic techniques distributed as follows:

- 3 basic atemi techniques
- 3 basic joint lock techniques
- 3 basic throwing techniques.



The 3rd Kyu applicants must be able to perform 12 basic techniques distributed as follows:

- 4 basic atemi techniques
- 4 basic joint lock techniques
- 4 basic throwing techniques.

The 2nd Kyu applicants must be able to perform 15 basic techniques distributed as follows:

- 5 basic atemi techniques
- 5 basic joint lock techniques
- 5 basic throwing techniques.

The 1st Kyu applicants must be able to perform 18 basic techniques distributed as follows:

- 6 basic atemi techniques
- 6 basic joint lock techniques.
- 6 basic throwing techniques.



APPENDIX IV

KATA

Litterally translated, Kata means form. In Nihon Tai Jutsu, it is translated as fundamental or conventional form.

It is important to keep in mind that a Kata is not a mere stylistic exercise. It represents a fight with its most noble and extrem aspects, it means above all that it is characterized by its own rythm. It is neither a speed race nor a slowness exercise. The term "living his Kata" reflects better than any other one the ability of controlling all performance parameters that the applicant should have, so that the jury feels the fight spirit through the applicant's performance. As for Kihon, "beauty" is not a key criterion, but efficiency is crucial.

There are two types of Kata : basic katas which are performed alone, and superior kata of Nihon Ju Jutsu which are performed with partners. The table below presents the type of kata requested for each rank examination.

	5 th Kyu	4 th Kyu	3 rd Kyu	2 nd Kyu	1 st Kyu
ALONE		YES	YES	YES	YES
WITH PARTNER			YES	YES	YES

SCORING CRITERIA OF KATA

● Presentation

The attitude and dress of the applicant must be perfect: clean Keikogi, correctly tied belt, impeccable behavior and general attitude.

● Ceremony and etiquette

The ceremony (bowing, guard, presentation) must be scrupulously respected. The Kata is announced aloud, starts and ends by bowing.

● Concentration

During his performance, the applicant must give a feeling of mind/body unity.

● Balance and stability

The positions must respect the style of Nihon Tai Jutsu, and the positions of pelvis, spine, neck and shoulder should be well controlled. The control of moves is essential and any loss of balance, any slips or falls must be penalised.

● Rythm and tempo

The sequences of techniques, the slow movements (when the performed kata includes some), breaks and Kiai must respect the generally accepted standards.



● Strength

The techniques must release an impression of efficiency.

● Sight

The sight must reflect the applicant's determination. It should follow the direction of techniques and sequences.

● Breathing and Kiaï

The breathing supports energy, it conditions the moments of strength and weakness in our body. Breathing should be correctly synchronized with techniques ; except for some Kata called "respiratory", it is inaudible. Depending on styles, Kata include one, two or three loud breathing out (Kiaï) which express a maximum release of energy.

● Respect of techniques and of the Kata's original form

The Kata must be performed in its original form, i.e. by respecting positions, techniques and directions prescribed by the style or the school to which the applicant refers.



APPENDIX V KATA

RANK	NIHON TAI JUTSU
5 th Kyu Yellow belt	No KATA
4 th Kyu Orange belt	<u>Basic kata : performed alone</u> Nihon Tai Jutsu 1 st KATA
3 rd Kyu Green belt	<u>Basic kata : performed alone</u> Nihon Tai Jutsu 1 st KATA Nihon Tai Jutsu 2 nd KATA <u>Nihon Ju Jutsu superior kata</u> 4 first techniques of KIHON KATA
2 nd Kyu Blue belt	<u>Basic kata : performed alone</u> Nihon Tai Jutsu 1 st KATA Nihon Tai Jutsu 2 nd KATA <u>Nihon Ju Jutsu superior kata</u> KIHON KATA
1 st Kyu Brown belt	<u>Basic kata : performed alone</u> Nihon Tai Jutsu 1 st KATA Nihon Tai Jutsu 2 nd KATA Nihon Tai Jutsu 3 rd KATA <u>Nihon Ju Jutsu superior kata</u> KIHON KATA



APPENDIX VI SPECIFIC TECHNIQUES

The specific techniques gather different kinds of techniques specific to our school: joint lock, throwing, constriction, sutemi and pinning techniques.

The table below sums up the kinds of specific techniques requested for each rank examination.

RANK	5th Kyu Yellow belt	4th Kyu Orange belt	3rd Kyu Green belt	2nd Kyu Blue belt	1st Kyu Brown belt
SPECIFIC JOINT LOCK TECHNIQUES	YES	YES	YES	YES	YES
SPECIFIC CONSTRICTION TECHNIQUES				YES	YES
SPECIFIC THROWING TECHNIQUES	YES	YES	YES	YES	YES
SPECIFIC SUTEMI TECHNIQUES			YES	YES	YES
SPECIFIC PINNING TECHNIQUES			YES	YES	YES



APPENDIX VII

SPECIFIC JOINT LOCK TECHNIQUES

The specific joint lock techniques are requested from the 5th Kyu examination (Yellow belt).

SPECIFIC JOINT LOCK TECHNIQUES			
5 th Kyu Yellow belt	1	WAKI GATAME	Arm lock under armpit
	2	TENBIN GATAME	Arm lock on shoulder
	3	JUJI GATAME	Cross arm lock
	4	KOTE GAESHI	Wrist lock outward
4 th Kyu Orange belt	5	GYAKU KOTE GAESHI	Wrist lock outward through the thumb.
	6	YUKI CHIGAE	Wrist lock inward
	7		Thumb lock
	8		Finger lock
	9	KOTE KUDAKI	Z arm lock
3 rd Kyu Green belt	10	KOTE GATAME	Hand lock
	11		Flex arm lock on shoulder
	12	UDE GARAMI	Flex arm lock in the back
	13		Winding arm lock
	14	HARA GATAME	Arm lock on the belly
2 nd Kyu Blue belt	15		Stretched out arm lock
	16		Swan beak lock
	17	ROBUSE	Paddle movement

The applicant will perform the joint lock techniques that correspond to his rank and to lower ranks, it means:

- For the 4th Kyu - 2 joint lock techniques among those requested for the 5th Kyu rank ;
- For the 3rd Kyu - 4 joint lock techniques among those requested for the 5th and 4th Kyu ranks.
- For the 2nd Kyu - 6 joint lock techniques among those requested from the 5th to 3rd Kyu ranks.

The 1st Kyu applicant will perform 10 joint lock techniques from the list.

The techniques are chosen and requested by the examination board.



APPENDIX VIII

SPECIFIC CONSTRICTION TECHNIQUES

The specific constriction techniques are requested from the 2nd Kyu examination (Blue belt).

SPECIFIC CONSTRICTION TECHNIQUES			
2 nd Kyu Blue belt	1	HADAKA JIME	Naked strangle
	2	SODE GURUMA JIME	Sleeve wheel strangle
	3	KATA HA JIME	Single wing strangle
	4	OKURI ERI JIME	Strangle with the lapel
1 st Kyu Brown belt	5	KATA JUJI JIME	Cross constriction with reversed hands
	6	GYAKU JUJI JIME	Cross constriction with reversed hands (thumbs outside)
	7	NAMI JUJI JIME	Cross constriction (thumbs inside)
	8	SANKAKU JIME	Triangle constriction

For the 2nd Kyu (blue belt) examination, the applicant will perform the constriction techniques either on Uke in standing position or on Uke sitting on the floor.

For the 1st Kyu (brown belt) examination, the applicant will perform the constriction techniques on Uke sitting on the floor.

The applicant will perform the constriction techniques that correspond to his rank and to lower ranks, it means:

- The 1st Kyu applicant will perform 2 constriction techniques among those requested for the 2nd rank.

The techniques are chosen and announced by the examination board.



APPENDIX IX

SPECIFIC THROWING TECHNIQUES

The specific throwing techniques are requested from the 5th Kyu examination (Yellow belt).

SPECIFIC THROWING TECHNIQUES			
5 th Kyu Yellow belt	1	O SOTO GARI	Large outer reap
	2	KO SOTO GARI	Small outer reap
4 th Kyu Orange belt	3	O GOSHI	Large hip throw
	4	KUBI NAGE	Neck throw
	5	IPPON SEOI NAGE	One-armed shoulder throw
	6		Projection d'épaule extérieure
	7	ATCHI MAWASHI	Head throw
	8	SHIHO NAGE	Throw in 4 directions
	9	SUKUI NAGE	Scooping throw
3 rd Kyu Green belt	10	DE ASHI BARAI	Forward foot sweep
	11	KATA GURUMA	Shoulder wheel
	12	MOROTE SEOI NAGE	Two-hand shoulder throw
	13	KOSHI GURUMA	Hip wheel
	14	HIZA GURUMA	Knee wheel
2 nd Kyu Blue belt	15	HARAI GOSHI	Hip sweep
	16	TAI OTOSHI	Body drop
1 st Kyu Brown belt	17	KO UCHI GARI	Small inner reap
	18	O UCHI GARI	Large inner reap
	19	UCHI MATA	Inner thigh reap

The applicant will perform the throwing techniques that correspond to his rank and to lower ranks, it means:

- For the 4th Kyu - 2 throwing techniques among those requested for the 5th Kyu rank
- For the 3rd Kyu - 4 throwing techniques among those requested for the 5th and 4th Kyu ranks.
- For the 2nd Kyu - 6 throwing techniques among those requested from 5th to 3rd Kyu ranks.
- For the 1st Kyu - 8 throwing techniques among those requested from 5th to 2nd Kyu.

The techniques are chosen and announced by the examination board.



APPENDIX X

SPECIFIC SUTEMI TECHNIQUES

The specific sutemi techniques are requested from 3rd Kyu examination (Green belt) onwards.

SPECIFIC SUTEMI TECHNIQUES			
3 rd Kyu Green belt	1	TOMOE NAGE	Circle throw
	2	YOKO OTOSHI	Side drop
	3	KANI BASAMI	Sutemi in scissors
	4	TANI OTOSHI	Valley drop (2 forms)
2 nd Kyu Blue belt	5	SUMI GAESHI	Corner reversal
	6	YOKO TOMOE NAGE	Lateral circle throw
	7	KUBI MAWASHI SUTEMI	
	8	YOKO GURUMA	Side wheel
	9	ATAMA GURUMA	
1 st Kyu Brown belt	10	UDE GAKE SUTEMI	
	11	ERI TORI SUTEMI	
	12	YOKO WAKARE	Side separation
	13	TOBI NORI SUTEMI	

The applicant will perform the sutemi techniques that correspond to his rank and to lower ranks, it means:

- For the 2nd Kyu - 2 sutemi techniques among those requested for the 3rd Kyu
- For the 1st Kyu - 4 sutemi techniques among those requested for the 3rd and 2nd Kyu.

The techniques are chosen and announced by the jury.



APPENDIX XI

SPECIFIC PINNING TECHNIQUES

The specific pinning techniques are requested from the 3rd Kyu examination (Green belt) onwards.

SPECIFIC PINNING TECHNIQUES			
3 rd Kyu Green belt	UKE ON THE BACK		
	1	KOTE GAESHI GATAME	Outward wrist lock and knee pressure on the elbow
	2	TATE GASSHO GATAME	Inverted hand lock
	3		Lock on flex arm and inverted wrist
	UKE ON THE BELLY		
	4	KOTE GATAME	Inverted wrist lock
	5	SANKAKU GATAME	Triangle lock
	6		Lock by pressure on the elbow
	7	KOTE MAWASHI GATAME	Lock on hand and shoulder with a rotating movement
	8		Bent arm lock in the back
2 nd Kyu Blue belt	JUDO PINNING TECHNIQUES		
	9	HON GESA GATAME	Scarf hold
	10	KATA GATAME	Shoulder hold
	11	KAMI SHIHO GATAME	Upper four quarter hold down
	12	YOKO SHIO GATAME	Side four quarter hold
1 ^{er} Kyu Brown belt	UKE ON THE BACK		
	13	KATA ASHI HISHIGI	Achilles tendon ankle lock Single leg crush or dislocation
	14	ASHI DORI GARAMI	Inward foot lock
	UKE SUR LE VENTRE		
	15	KATA ASHI HISHIGI	Achilles tendon ankle lock - en retournant uke sur le ventre.
	16	HIZA HISHIGI	Knee and foot lock – 2 forms

The applicant will perform the sutemi techniques that correspond to his rank and to lower ranks, it means :

- For the 2nd Kyu - 4 pinning techniques among those requested for the 3rd Kyu
- For the 1st Kyu - 4 pinning techniques among those requested for the 3rd and 2nd Kyu.

The techniques are announced by the examination board



APPENDIX XII SELF DEFENSE

The technical performances of self defense enable to check the technical knowledge of the applicant. The technical complexity coupled with control allow technical level assessment. The range of attacks and defenses evolves according to the presented rank.

Within his technical performance, the applicant must respect the following scheme: defense posture, preparatory atemi, defense technique adapted to the attack and final atemi or final control.

Tori should pay special attention to perform defense postures within the spirit of Nihon Tai Jutsu and not blocks or techniques by opposing force.

The table below sums up the number of attacks and the kind of attacks (Attacks from the front, the back, lateral attacks, attacks on the ground) to consider for each rank.

RANK	KIND OF ATTACKS	RIGHT / LEFT	TOTAL NUMBER OF ATTACKS
4 th Kyu Orange belt	ATEMI	RIGHT	5
3 rd Kyu Green belt	ATEMI	RIGHT OR LEFT	5
	GRABBING ATTACKS FROM THE FRONT	RIGHT	5
	LATERAL GRABBING ATTACKS	RIGHT	5
2 nd Kyu Blue belt	ATEMI	RIGHT OR LEFT	5
	GRABBING ATTACKS FROM THE FRONT	RIGHT OR LEFT	5
	LATERAL GRABBING ATTACKS	RIGHT OR LEFT	5
	GRABBING ATTACKS FROM THE BACK	RIGHT OR LEFT	5
	ATTACKS ON THE GROUND	RIGHT	5
1 st Kyu Brown belt	ATEMI	RIGHT OR LEFT	6
	GRABBING ATTACKS FROM THE FRONT	RIGHT OR LEFT	6
	LATERAL GRABBING ATTACKS	RIGHT OR LEFT	6
	GRABBING ATTACKS FROM THE BACK	RIGHT OR LEFT	6
	ATTACKS ON THE GROUND	RIGHT OR LEFT	6

Both applicants stand at 1 meter-distance from each other and sideways to the examination board, the defender is in the right of the examination board.

After bowing, Uke and Tori stand in Yoi position (by moving first the left leg and then the right one).

Tori choses to stand in the left or right mixed guard.

Uke stands in the left or right mixed guard (by bringing the right or left leg backward) according to the rank and the request of the examination bord.

Uke attacks in a most convincing and determining way.

Tori performs an adapted defense in a way as reactive and controlled as possible.

After each attack, Uke and Tori return to their starting position.



APPENDIX XIII

SELF DEFENSE ATEMI ATTACKS

The applicants from 4th to 2nd Kyu will be assessed on 5 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

Applicants to 1st Kyu will be assessed on 6 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

ATEMI ATTACKS		
1	SHOMEN SHUTO UCHI	Top-level knife hand (in the forehead)
2	YOKOMEN SHUTO UCHI	Diagonal top-level knife hand (on the temple)
3	OI TSUKI JODAN	Top-level lunge punch
4	OI TSUKI CHUDAN	Medium-level lunge punch
5	MAWASHI TSUKI	Round hook punch
6	URAKEN	Back fist strike
7	MAE GERI	Front kick
8	MAWASHI GERI	Round kick
9	YOKO GERI	Side kick



APPENDIX XIV

SELF DEFENSE GRABBING ATTACKS FROM THE FRONT

The applicants from 3th to 2nd Kyu will be assessed on 5 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

Applicants to 1st Kyu will be assessed on 6 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

GRABBING ATTACKS FROM THE FRONT	
1	Chest pushing (front attack)
2	Chest pushing on the right shoulder
3	Chest pushing on the left shoulder
4	Grabbing of a sleeve
5	Grabbing of a sleeve by pulling
6	Grabbing of both sleeves
7	Grabbing of both sleeves by pushing
8	One-hand grabbing of the lapel by pushing with the stretched arm
9	One-hand grabbing of the lapel by pushing with the flexed arm
10	Grabbing of the lapel by pulling with the flexed arm
11	One-hand grabbing of the lapel and top-level attack
12	One-hand grabbing of the lapel and round hook punch
13	Two-hands grabbing of the lapels by pushing with the stretched arms
14	Two-hands grabbing of the lapels by pushing with the flexed arms
15	Two-hands grabbing of the lapels by pulling and head butt
16	Two-hands grabbing of the lapels by pulling and knee kick
17	Hair grabbing
18	Hair grabbing by pulling
19	One-hand choke with the arm straight
20	One-hand choke with the arm straight by pushing
21	One-hand choke with the arm bent
22	One-hand choked with the arm bent by pushing
23	Two-hands choke with straight arms
24	Two-hands choke with straight arms by pushing
25	Two-hands choke with the arms bent



26	Two-hands choke with bent arms by pushing
27	Encirclement above arms
28	Encirclement above arms by lifting up
29	Encirclement under arms
30	Encirclement under arms by lifting up

For 4th Kyu, the applicant must let himself be grabbed before reacting and performing his defense.

From 3rd Kyu, the applicant may, if he wishes, react in Sen No Sen and defend against grabbing attempts, unless the examination board requests that the applicant must let himself be grabbed.

From 2nd Kyu, the examination board may request that the applicant reacts in Sen No Sen and defends against grabbing attempts.



APPENDIX XV

SELF DEFENSE SIDEWAY ATTACKS

The applicants from 3th to 2nd Kyu will be assessed on 5 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

The applicants for the 1st Kyu will be assessed on 6 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

SIDEWAY ATTACKS	
1	Sleeve grabbing with the right hand
2	Sleeve grabbing with the left hand
3	Grabbing of sleeve and wrist
4	Grabbing of sleeve and wrist by pulling
5	Grabbing of sleeve and wrist by pushing
6	Head grabbing attempt
7	Head half-grabbed
8	Head grabbing (Uke's arm are in front of you)
9	Head grabbing (Uke's arm are behind you)
10	Hair grabbing with the right hand
11	Hair grabbing with the right hand by pulling
12	Hair grabbing with the left hand
13	Hair grabbing with the left hand by pulling
14	Two-hands choke with straight arms
15	Two-hands choke with straight arms by pushing
16	Two-hands choke with bent arms
17	Two-hands choke with bent arms by pushing
18	Encirclement above arms (elbow's level)
19	Encirclement above arms (elbow's level) by lifting up
20	Encirclement above arms (shoulder's level)



APPENDIX XVI

SELF DEFENSE GRABBING ATTACKS FROM THE BACK

The applicants 2nd Kyu will be assessed on 5 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

The applicants for the 1st Kyu will be assessed on 6 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

GRABBING ATTACKS FROM THE BACK	
1	Hair grabbing by pulling (stretched arm)
2	Hair grabbing by pushing (flexed arm)
3	Hair grabbing by pulling (flexed arm)
4	Sleeves grabbing by pushing
5	Sleeves grabbing by pulling
6	Collar grabbing by pushing (stretched arm)
7	Collar grabbing by pushing (flexed arm)
8	Collar grabbing by pulling (flexed arm)
9	Grabbing of collar and trousers
10	Two-hands choke with straight arms
11	Two-hands choke with straight arms by pushing
12	Two-hands choke with bent arms
13	Two-hands choke with the flexed arms by pushing
14	Strangle/Choke with the forearm
15	Strangle/Choke with the forearm and arm grabbing
16	Encirclement above arms (shoulder's level)
17	Encirclement above arms (elbow's level)
18	Encirclement above arms (elbow's level) by lifting up
19	Encirclement under arms
20	Encirclement under arms by lifting up
21	Full Nelson attempt
22	Full Nelson



APPENDIX XVII

SELF DEFENSE ATTACKS ON THE GROUND

The applicants from 5th to 2nd Kyu will be assessed on 5 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

The applicants for the 1st Kyu will be assessed on 6 attacks chosen randomly among the list below, by performing a defense of their choice for each attack.

ATTACKS ON THE GROUND	
TORI ON THE BACK	
1	Two-hands strangle UKE is above TORI
2	Two-hands strangle UKE is between TORI's legs
3	Two-hands strangle UKE is behind TORI
4	Two-hands strangle UKE is on one side, one knee on the ground
5	Two-hands strangle UKE is on one side, one knee on TORI's ribs
6	UKE is above TORI –punch
7	UKE is between TORI's legs – Grabbing attempt or strangle attempt at lunge punch
8	Tori is on a defense position on the ground - Uke is standing and tries to grab or hit Tori
9	Tori is on a defense position on the ground - Uke is standing in front of him. Tori performs different overthrows
TORI EN POSITION ASSISE	
10	Back strangle/choke with the forearm



APPENDIX XVIII KUMITE - RANDORI

The randori is a kind of free fighting. Tori and Uke are free to choose both attacks and defenses.

The randori allows to assess the control and the technical variety of applicants, but also their ability to perform a suitable technique and to manage time and the exercise intensity.

The following criteria should be highlighted during the performance :

- Strength and determination of both attacks and defenses ;
- Stability and balance in both attacks and defenses ;
- Control and precision of techniques.
- Research of opportunity ;
- Kime (decisiveness, precision and extrem efficiency) ;
- Zanshin (emptiness and concentration).

The concentration should be maintained during the exercise and with the same intensity before as well after the attack (or the defense).

Scoring criteria :

- Performance with a total control at all levels ;
- Ease of moves ;
- Variety of techniques ;
- Stability and balance ;
- Opportunity

Applicants from 4th to 1st Kyu

RANK	TYPE	DURATION	NUMBER OF PARTNERS
4 th Kyu	Atemi	1'30 maximum	1 chosen by the applicant
3 rd Kyu	Atemi	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu	1'30 maximum	2 chosen by the applicant
2 nd Kyu	Atemi	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu in circle	Two rounds	5 chosen by the jury
1 st Kyu	Atemi	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu	1'30 maximum	1 chosen by the applicant
	Nihon Tai Jutsu in circle	Two rounds	5 chosen by the jury



**APPENDIX XIX
SUMMARY TABLES
FROM 5th TO 1st KYU**





Ranking Examination for 5th Kyu (Yellow Belt)

NIHON TAI JUTSU / NIHON JU JUTSU



Content per test (UV)		Scored on a scale
UV1 BUDO SPIRIT	<p><u>This test consists of 4 parts:</u></p> <ul style="list-style-type: none"> • <u>Dress codes :</u> <ul style="list-style-type: none"> a) Keikogi b) Belt knot • <u>Bowings :</u> <ul style="list-style-type: none"> a) Standing. b) Kneeling. • <u>Commands</u> • <u>Martial arts history</u> <p>See Appendix I</p>	/20
UV2 KIHON	<p><u>This test consists of 4 parts :</u></p> <ul style="list-style-type: none"> • <u>Part 1 : Positions « Dachi »</u> • <u>Part 2 : Basic guards</u> • <u>Part 3 : Basic steps</u> • <u>Part 4 : Defense postures and atemis</u> <p>See Appendix II</p>	/20
UV3 TAISABAKI	<p><u>This test consists of 2 parts :</u></p> <ul style="list-style-type: none"> • <u>Partie 1 - TAISABAKI performed alone</u> 8 tai sabaki : 4 to the right and 4 to the left. • <u>Partie 2 - TAISABAKI performed with a partner.</u> 8 tai sabaki performed with an adapted defense posture followed by an atemi of his choice. <p>See Appendix II</p>	/20
UV4 UKEMI	<p><u>Different falls on the right side</u></p> <ul style="list-style-type: none"> • Forward roll • Forward breakfall • Backward roll • Backward breakfall <p>See Appendix II</p>	/20
UV5 BASIC TECHNIQUES	<p>8 basic techniques with a defense through Atemi</p> <p>See Appendix III</p>	/20
UV6 SPECIFIC TECHNIQUES	<p><u>SPECIFIC TECHNIQUES - (With a partner)</u></p> <ul style="list-style-type: none"> • Joint lock techniques • Throwing techniques <p>See Appendixes VI - VII and IX</p>	/20
TOTAL		/120



Ranking Examination for 4th Kyu (Orange Belt)

NIHON TAI JUTSU / NIHON JU JUTSU



Content per test (UV)		Scored on a scale
UV1 KIHON	<u>This test consists of 4 parts :</u> <ul style="list-style-type: none"> • Tai sabaki (performed alone) • Tai sabaki (performed with a partner) Uke attacks 4 oi tsuki - 2 mae geri - 2 oi tsuki • Kihon (performed alone) • Ukemi – on the right side and on the left side. See Appendix II	/20
UV2 BASIC TECHNIQUES	<u>9 basic techniques chosen randomly.</u> <ul style="list-style-type: none"> • 3 basic atemi techniques • 3 basic joint lock techniques. • 3 basic throwing techniques. See Appendix III	/20
UV3 SPECIFIC TECHNIQUES	<u>SPECIFIC TECHNIQUES - (With a partner)</u> <ul style="list-style-type: none"> • Joint lock techniques • Throwing techniques See Appendixes VI - VII and IX	/20
UV4 SELF DÉFENSE	<u>With a partner - Attacks chosen randomly</u> The applicant is free to choose his defense. <ul style="list-style-type: none"> • 5 atemi attacks See Appendixes XII and XIII	/20
UV5 KATA ESPRIT BUDO	<u>KATA:</u> NIHON TAI JUTSU – Basic Kata (performed alone) <ul style="list-style-type: none"> • Nihon Tai Jutsu 1st KATA See Appendixes IV and V <u>SPIRIT BUDO</u> See Appendix I	/20
UV6 KUMITE - RANDORI	<u>With a partner</u> Free atemi randori 1'30 (duration: maximum) : both partners attack and defend alternatively. See Appendix XVIII	/20
TOTAL		/120



Ranking Examination for 3rd Kyu (Green Belt)

NIHON TAI JUTSU / NIHON JU JUTSU



Content per test (UV)		Scored on a scale
UV1 KIHON	<p><u>This test consists of 4 parts</u></p> <ul style="list-style-type: none"> • Tai sabaki (performed alone) • Tai sabaki (performed with a partner) • Uke attacks 4 oi tsuki - 2 mae geri - 2 oi tsuki • Kihon (performed alone) • Ukemi – on the right and left sides, followed by a defense posture on the ground before standing up and performing a guard of his choice. <p>See Appendix II</p>	/20
UV2 BASIC TECHNIQUES	<p><u>12 basic techniques chosen randomly</u></p> <ul style="list-style-type: none"> • 4 basic atemi techniques • 4 basic joint lock techniques. • 4 basic throwing techniques. <p>See Appendix III</p>	/20
UV3 SPECIFIC TECHNIQUES	<p><u>SPECIFIC TECHNIQUES - (With a partner)</u></p> <ul style="list-style-type: none"> • Joint lock techniques • Throwing techniques • Sutemi techniques • Pinning techniques <p>See Appendixes VI - VII - IX - X and XI</p>	/20
UV4 SELF DÉFENSE	<p><u>With a partner - Attacks chosen randomly</u></p> <p>The applicant is free to choose his defense.</p> <ul style="list-style-type: none"> • 5 atemi attacks • 5 grabbing attacks from the front • 5 sideways attacks <p>See Appendixes XII - XIII - XIV and XV</p>	/20
UV5 KATA ESPRIT BUDO	<p><u>KATA :</u></p> <p><u>NIHON TAI JUTSU – Basic kata (performed alone)</u></p> <ul style="list-style-type: none"> • Nihon Tai Jutsu 1st KATA) • Nihon Tai Jutsu 2nd KATA <p><u>NIHON JU JUTSU - (with a partner)</u></p> <ul style="list-style-type: none"> • Kihon KATA - 4 first techniques. <p>See Appendixes IV and V</p> <p><u>BUDO SPIRIT :</u></p> <p>See Appendix I</p>	/20
UV6 KUMITE - RANDORI	<p><u>With partners :</u></p> <ul style="list-style-type: none"> • Atemi randori - max 1'30 min • Nihon Tai Jutsu randori - max 1'30 min • NTJ Randori in circle - 5 Uke - 2 rounds. <p>See Appendix XVIII</p>	/20
TOTAL		/120



Ranking Examination for 2nd Kyu (Blue Belt)

NIHON TAI JUTSU / NIHON JU JUTSU



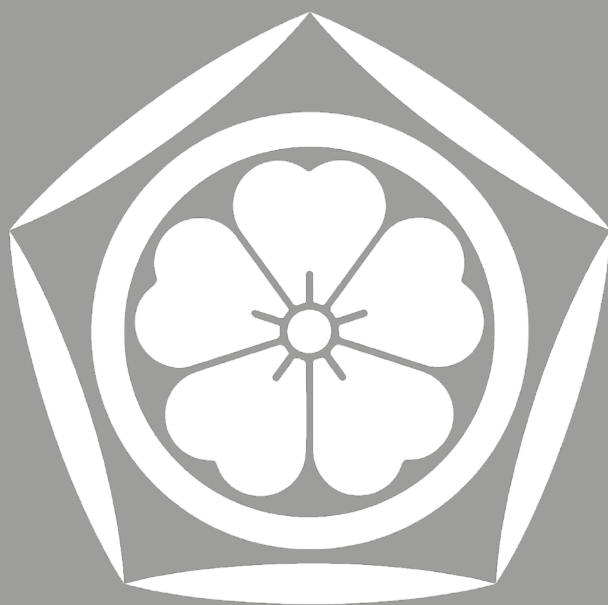
Content per test (UV)		Scored on a scale
UV1 KIHON	<u>This test consists of 4 parts</u> <ul style="list-style-type: none"> ● Tai sabaki (performed alone) ● Tai sabaki (performed with a partner) Uke attacks 4 oi tsuki - 2 mae geri - 2 oi tsuki ● Kihon (performed alone) ● Ukemi – on the right and left sides, followed by a defense posture on the ground before standing up and performing a guard of his choice. See Appendix II	/20
UV2 BASIC TECHNIQUES	<u>15 basic techniques chosen randomly.</u> <ul style="list-style-type: none"> ● 5 basic atemi techniques ● 5 basic joint lock techniques. ● 5 basic throwing techniques. See Appendix III	/20
UV3 SPECIFIC TECHNIQUES	<u>SPECIFIC TECHNIQUES - (With a partner).</u> <ul style="list-style-type: none"> ● Joint lock techniques ● Constriction techniques ● Throwing techniques ● Sutemi techniques ● Pinning techniques See Appendixes VI - VII - VIII - IX - X and XI	/20
UV4 SELF DÉFENSE	<u>Candidat avec partenaire - Attaques tirées au sort</u> Les défenses sont libres au choix du candidat. <ul style="list-style-type: none"> ● 5 Attaques par atemi ● 5 Attaques sur saisies de face ● 5 Attaques sur saisies latérales ● 5 Attaques sur saisies arrière ● 5 Attaques au sol Voir Annexes XII - XIII - XIV - XV - XVI ET XVII	/20
UV5 KATA ESPRIT BUDO	<u>KATA :</u> <u>NIHON TAI JUTSU – Basic kata (performed alone).</u> <ul style="list-style-type: none"> ● Nihon Tai Jutsu 1^{er} KATA) ● Nihon Tai Jutsu 2^{ème} KATA <u>NIHON JU JUTSU - (performed with a partner).</u> <ul style="list-style-type: none"> ● Kihon KATA See Appendixes IV and V <u>BUDO SPIRIT :</u> See Appendix I	/20
UV6 KUMITE - RANDORI	<u>With partners</u> <ul style="list-style-type: none"> ● Atemi randori - max 1'30 min ● Nihon Tai Jutsu randori - max 1'30 min ● NTJ Randori in circle - 5 Uke - 2 rounds. ● Technical randori on the ground. See Appendix XVIII	/20
TOTAL		/120



Ranking Examination for 1st Kyu (Brown Belt) NIHON TAI JUTSU / NIHON JU JUTSU



Content per test (UV)		Scored on a scale
UV1 KIHON	<u>This test consists of 5 parts</u> <ul style="list-style-type: none"> ● Taisabaki (alone) ● Taisabaki (with a partner) ● Kihon (alone) ● Kihon ippon kumité (with a partner) ● Ukemi See Appendix II	/20
UV2 BASIC TECHNIQUES	<u>18 basic techniques chosen randomly.</u> <ul style="list-style-type: none"> ● 6 basic atemi techniques ● 6 basic joint lock techniques. ● 6 basic throwing techniques. See Appendix III	/20
UV3 SPECIFIC TECHNIQUES	<u>SPECIFIC TECHNIQUES - (With a partner)</u> <ul style="list-style-type: none"> ● Joint lock techniques ● Constriction techniques ● Throwing techniques ● Sutemi techniques ● Pinning techniques See Appendixes VI - VII - VIII - IX - X and XI	/20
UV4 SELF DÉFENSE	<u>With a partner - Attacks chosen randomly</u> The applicant is free to choose his defense. <ul style="list-style-type: none"> ● 6 atemi attacks ● 6 grabbing attacks from the front ● 6 sideways attacks ● 6 grabbing attacks from the back ● 6 attacks on the ground See Appendixes XII - XIII - XIV - XV - XVI and XVII	/20
UV5 KATA ESPRIT BUDO	<u>KATA :</u> <u>NIHON TAI JUTSU – Basic kata (performed alone)</u> <ul style="list-style-type: none"> ● Nihon Tai Jutsu 1st KATA ● Nihon Tai Jutsu 2nd KATA ● Nihon Tai Jutsu 3rd KATA <u>NIHON JU JUTSU - (performed with a partner)</u> <ul style="list-style-type: none"> ● Kihon KATA. See Appendixes IV and V <u>BUDO SPIRIT :</u> See Appendix I	/20
UV6 KUMITE - RANDORI	<u>With partners</u> <ul style="list-style-type: none"> ● Atemi randori - max 1'30 min ● Nihon Tai Jutsu randori - max 1'30 min ● NTJ Randori in circle - 5 Uke - 2 rounds. ● Technical randori on the ground. See Appendix XVIII	/20
TOTAL		/120



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