

1ST KYU - CHAIRO OBI

Fitness

- 40 x Press Ups
- 40 x Sit Ups
- 40 x Leg Raises
- 40 x Burpees

This is a basic fitness requirement and is likely to be repeated during the candidate's grading.

Tanjun Nage Waza

As previous belt plus...

- 4 x 4 Inner Wind
- 4 x 4 Outer Wind
- 4 x 4 Drop Body Drop
- 4 x 4 Rev Dropping Body Drop
- 4 x 4 Rolling Ankle
- 4 x 4 Valley Drop
- 4 x 4 Dropping Key Lock
- 4 x 4 Stomach Throw

Bujutsu

Pistol Disarming:

- 2 x Stomach
- 2 x Chest
- 1 x Tactical
- 1 x Back
- 1 x Neck

Kaeshi Hadaka Jime

- 1) Full Shoulder Drop.
- 2) Valley Drop.
- 3) Wrist Lock.
- 4) Back Hammer Lock.

Kaeshi Mae Hadaka Jime

Double Leg Scoop.

Kaeshi Tachi RNC:

Rolling Full Shoulder.

Nage Waza

Dropping Body Drop:

Spine Lock.

Reverse Dropping Body Drop:

Jaw & Neck Lock.

Key Lock Throw:

Wrist & Shoulder. Hold

Nage Waza

Rolling Ankle

- 1) Mounted Choke.
- 2) Straight Arm Lock.

Valley Drop:

- 1) Mounted Strikes.
- 2) Roundhouse Kick to Kidneys.

Nage Waza

Inner Wind:

Arm Bar & Neck Hook

Outer Wind:

Double Arm Locks.

Stomach Throw:

Mounted Strikes.

Kumite

1 Minute Round
Milling

Ne Waza

Multiple 1 Minute
Rounds

Grading Examination

Revision 13: 31/08/2025

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.