

6TH KYU - KIIRO OBI

Fitness

15 x Press Ups
15 x Sit Ups
15 x Leg Raises
15 x Burpees

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

Nage Waza

4 x 4 Hip Throw
4 x 4 Body Drop
4 x 4 Inside Hock
4 x 4 Stamp Throw

Bujutsu

Kubaton Kata:

1st Defence to Grab.
2nd Defence to Grab.

1st Defence to Choke.
2nd Defence to Choke.

Defence to Push.

Shime Waza

Straight Punch:

Naked Chokes.

Wing Chokes.

Collar & Elbow Chokes

Collar & Bar Chokes.

Kaeshi Tsukami Waza

Reverse Shoulder Lock

Grab to Lapel x 3

Grab to Wrist x 2

Grab to Both Wrists

Grab to back of Collar

Kaeshi Shime Waza

Right Elbow Hook.

Left Elbow Hook.

Reverse Shoulder Lock

Kaeshi Ushiro Shime

- 1) Shoulder Arm Lock and Elbow Break.
- 2) Hip Throw.
- 3) Rear Double Leg Scoop.
- 4) Rear Single Leg Throw.
- 5) Rolling Shoulder.

Nage Waza

Inside Hock:

- 1) Double Punch.
- 2) Side Control and Leg Lock.

Stamp Throw

- 1) Arm Bar and Fig 4.
- 2) Arm Break.

Ne Waza

Arm Bar from the Mount(Left and Right)

Figure 4 Arm Locks.
(Left and Right)

Figure 4 Leg Locks.
(Left and Right)

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.