

First Kyu

Conditions necessary in order to be allowed into the exam:

Minimum 160 hours of training; Eight (8) months of exercise from the date attaining Second Kyu

(At least 80 hours during the last 4 months)

Tachiwaza:

Munetori Menuchi:

- *Ikkyo omote & ura*
- *Nikyo omote & ura*
- *Sankyo omote & ura*
- *Koshinage*

Jodantsuki:

- *Yonkyo omote & ura*
- *Iriminage*
- *Shihonage omote & ura*
- *Sotokaitennage*
- *Ushirokiritoshi*
- *Koshinage*

Yokomenuchi: Jiyuwaza

Chudantsuki: Jiyuwaza

Maegeri: Jiyuwaza

Ushirowaza:

Ryotetori:

- *Yonkyo omote & ura*
- *Kokyunage*
- *Koshinage*

Katatetori Kubishime:

- *Sankyo*
- *Hijikimeosae*

Eritori:

- *Ikkyo omote & ura*
- *Sankyo omote & ura*
- *Koshinage*

Suwariwaza:

Shomenuchi: Jiyuwaza

Ryokatatori:

- Sankyo *omote & ura*
- Yonkyo *omote & ura*

Katatori Menuchi:

- Iriminage
- Kotegaeshi
- Kokyunage

Hanmihantachiwaza:

Katatetori:

- Ikkyo *omote & ura*
- Shihonage *omote & ura*
- Uchikaitennage

Ryotetori: Shihonage *omote & ura*