



GOSHINKAI KYU GRADING EXAMINATION CONTENT CHECKLIST

GoShinKai Grading System Part 7

6 Kyu *all components in marked boxes to be included in 6 Kyu test*

Solo Exercises	Tai Sabaki	Tai Sabaki	Shikko	Ukemi
	Irimi Tsugiashi	Tenkan (180 degrees) Irimi-tenkan	forwards	front back
Weapons	Saito Bokken Suburi		Saito Jo Suburi	
	No. 1 – shomen		No. 1 – chokku tsuki	
With partner	Kokyuho	Shihonage	Ikkyo	Iriminage
Katatedori Gyakuhanmi omote; ura	T. irimi (omote) tenkan (ura)	T.		
Katatedori Aihanmi omote; ura			T.	T.
Ryotedori	S. kokyuho			

5 Kyu *5th Kyu test to be compiled including components listed here in the marked boxes*

Weapons	Saito Bokken Suburi as 6 Kyu plus	Saito Jo Suburi as 6 Kyu plus	Saito Jo Suburi ctd.					
	No. 2 No 3 No 4	No. 2 – kaeshi tsuki No. 3 - ushiro tsuki	No. 4 – tsuki gedan gaeshi No. 5 – tsuki jodan gaeshi					
<i>Omote and Ura</i>	Ikkyo	Nikyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage: Uchi; Soto	Tenchinage	Kokyuho Kokyunage
Katatedori gyakuhanmi	T. S.	T. S.	[T.]	T.	T.	T.		[T. K'ho]; T. Kokyunage 2 forms
Katatedori Aihanmi	[T.] S.	T. S.	T.	[T.]	T.			T. K'ho; T. Kokyunage 2 forms
Shomen-uchi	T.	T.	T.	T. S.	T.	T.		
Ryotedori			T.				T.	[S. kokyuho]
Morotedori			T.					T Kokyuho T Kokyu ryoku yoseiho

New techniques in **bold**; previous grades' techniques in []

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4 Kyu *4th Kyu test to be compiled including components listed here in the marked boxes*

Weapons	Saito Bokken Suburi as 5 Kyu plus	Saito Jo suburi as 5 Kyu plus	Saito Jo Suburi ctd.
	No. 5 - kirigaeshi No 6 No 7	No. 6 – shomen uchikomi No. 7 – renzoku uchikomi	No. 8 – menuchi gedan gaeshi No. 9 – menuchi ushiro tsuki No. 10 – gyaku yokomen ushiro tsuki

<i>Omote and Ura</i>	Ikkyo	Nikyo	Sankyo	Yonkyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage: Uchi; Soto	Tenchinage	Kokyuhō Kokyunage
Katatedori Gyakuhanmi	[T. S.]	[T. S.]	T. S.	T. S.	[T.]	[T.]	[T.]	[T.]	T.	[T. K'ho; T. K'nage 2 forms] T. 4 forms
Katatedori Aihanmi	[T. S.]	[T. S.]	T. S.	T. S.	[T.]	[T.]	[T.]	T.	T.	[T. K'ho; T K'nage 2forms] T. 4 forms
Shomen- uchi	[T.] S.	[T.] S.	T. S.	T. S.	[T.]	[T. S.]	[T.]	[T.]		
Ryotodori	T.	T.	T.	T.	[T.]				[T.]	T. Kokyunage [S. kokyuhō]
Yokomen- uchi	T.				T.	T.	T.			
Tsuki							T.			
Katadori	T.	T.								
Morotodori					[T.]					[T. Kokyuhō] [T. Kokyunage]



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3 Kyu *3rd Kyu test to be compiled including components listed here in the marked boxes*

Weapons	Bokken as 4 Kyu plus	Saito Jo Suburi as 4 Kyu +	No. 14 – hasso gaeshi uchi	No. 18 – hasso gaeshi ushiro harai No. 19 – hidari nagare gaeshi uchi No. 20 – migi nagare gaeshi tsuki
	Shihogiri Happogiri	No. 11 – katate gedan gaeshi No. 12 – toma katate uchi No. 13 – katate hachi no ji gaeshi	No. 15 – hasso gaeshi tsuki No. 16 – hasso gaeshi ushiro tsuki No. 17 – hasso gaeshi ushiro uchi	

<i>Omote and Ura</i>	Ikkyo	Nikyo	San-kyo	Yon-kyo	Go-kyo	Rok-kyo*	Shihonage	Iriminage	Kotegaeshi	Kaitennage Uchi; Soto	Tenchinage	Variations	Kokyuho Kokyunage	
Katatedori	[T.]	[T.]	[T.]	[T.]			[T.]	[T.]	[T.]	[T.]	[T.]	T. Sumi otoshi	[T. K'ho; T.K'nage]	
Gyakuhanmi	[S.]	[S.]	[S.]	[S.]			[T.]	[T.]	[T.]	[T.]	[T.]	[T.]	T Udegarami nage	[T. K'ho; T.K'nage]
Katatedori Aihanmi	[T.]	[T.]	[T.]	[T.]			[T.]	[T. S.]	[T.]	[T.]				
Shomen-uchi	[T.]	[T.]	[T.]	[T.]			[T.]	[T.]	[T.]	[T.]				
Ryotedori	[T]	[T]	[T]	[T]			[T.]	T.	T.	T.	[T.]		[T.K'nage] [S. k'ho]	
Yokomen-uchi	[T.]				T.		[T.]	[T.]	[T.]					
Tsuki						T.		T.	[T.]			T.Uchikaiten sankyo		
Katadori	[T.] S.	[T.] S.	T. S.	T. S.										
Morotedori	T.	T.	T.	T.			[T.]	T.	T.			T Ude kiminage	[T.Kokyuho] [K'nage]	
Ryokatadori	T.	T.	T.	T.			T.							
Ushiro Ryotedori	T.	T.	T.	T.			T.		T.	T.				

*also called 'Hiji-shime'



GOSHINKAI KYU GRADING EXAMINATION CONTENT CHECKLIST

GoShinKai Grading System Part 7

2 Kyu

2nd Kyu test to be compiled including components listed here in the marked boxes

Weapons	Bokken as 3 Kyu plus	Jo as 3 Kyu plus
	"Chiba's 8"	9 count kata with counter

*also called 'Hiji-shime'

<i>Omote and Ura</i>	Ikkyo	Nikyo	San-kyo	Yon-kyo	Go-kyo	Rok-kyo*	Shihonage	Iriminage	Kotegaeshi	Kaitennage Uchi; Soto	Tenchi nage	Variations	Jiyuwaza	Kokyuho Kokyunage
Katatedori Gyakuhanmi	[T. S.]	[T. S.]	[T. S.]	[T. S.]	n/a	T.	[T.] H.	[T.]	[T.]	[T.]	[T.]	[T.Sumio otoshi]	T.	[T. K'ho; T K'nage]
Katatedori Aihanmi	[T. S.]	[T. S.]	[T. S.]	[T. S.]	n/a	T.	[T.] H.	[T.]	[T.]	[T.]	[T.]	[T.Ude gaminage]	T.	[T. K'ho; T K'nage]
Shomen- uchi	[T.] S.] H.	[T.] S.] H.	[T.] S.] H.	[T.] S.] H.	T.		[T.] H.	[T. S.] H.	[T.] H.	[T.]		T Udegar ami nage		
Ryotedori	[T]	[T]	[T]	[T]			[T.] H.	[T]	[T]	[T]	[T.]	T Koshinage		[T K'nage] [S. K'ho]
Yokomen- uchi	[T.] S.] H.	T. S.] H.	T. S.] H.	T. S.] H.	[T.]		[T.] H.	[T.] H.	[T.] H.					
Tsuki					T.	[T.]		[T.]	[T.]	T.		[T Uchikait en sankyo]		
Katadori	[T.] S.]	[T.] S.]	[T.] S.]	[T.] S.]										
Morotedori	[T.]	[T.]	[T.]	[T.]			[T.]	[T.]	[T.]			[T Ude kiminage]		[TKokyuho] [T K'nage]
Ryokatadori	[T.]	[T.]	[T.]	[T.]			[T.]							T K'nage
Ushiro Ryotedori	[T.]	[T.]	[T.]	[T.]			[T.]		[T.]	[T.]		T Juji gaminage		
Katadori Menuchi	T.	T.	T.	T.					T.					
Ushiro Katatedori Kubishime	T.	T.	T.	T.			T.		T.			T Koshinage		

New techniques in **bold**; previous grades' techniques in []

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GoShinKai Grading System Part 7

1 Kyu

1st Kyu test to be compiled including components listed here in the marked boxes.

Weapons

as 2nd Kyu

Omote and Ura	Ikkyo	Nikyo	San-kyo	Yon-kyo	Go-kyo	Rok-kyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage Uchi; Soto	Tenchi nage	Variations	Jiyuwaza	Kokyuho Kokyunage		
Katatedori Gyakuhanmi	[T. S.]	[T. S.]	[T. S.]	[T. S.]	n/a	T.	[T. H.]	[T.]	[T.]	[T.]	[T.]	[T Sumiotoshi]	[T.]	[T. K'ho; T K'nage]		
Katatedori Aihanmi	[T. S.]	[T. S.]	[T. S.]	[T. S.]	n/a	T.	[T. H.]	[T.]	[T.]	[T.]	[T.]	[T Udegaraminage]	[T.]	[T. K'ho; T K'nage]		
Shomen-uchi	[T. S. H.]	[T. S. H.]	[T. S. H.]	[T. S. H.]	T.		[T. H.] T Uchi irimi tenkan	[T. S. H.]	[T. H.] T Uchi irimi tenkan	[T.]		[T Udegaraminage] T Uchi.ir-ten udegara.				
Ryotedori	[T]	[T]	[T]	[T]		T	[T. H.]	[T]	[T]	[T]	[T.]	[T Koshinage]	T.	[T K'nage] [S. K'ho] T. K'ho		
Yokomen-uchi	[T. S. H.]	[T. S. H.]	[T. S. H.]	[T. S. H.]	[T.]		[T. H.]	[T. H.]	[T. H.]			T Koshinage				
Tsuki					[T.]	[T.]		[T.]	[T.]	[T.]		[T Uchikaiten sankyo]				
Katadori	[T. S.]	[T. S.]	[T. S.]	[T. S.]												
Morotedori	[T.]	[T.]	[T.]	[T.]					[T.]	[T.]	[T.]		[T Udekininage]	T.	[T K'ho] [T K'nage]	
Ryokatadori	[T.]	[T.]	[T.]	[T.]					[T.]					T K'nage		
Ushiro Ryotedori	[T.]	[T.]	[T.]	[T.]					[T.]	T.	[T.]	[T.]		[T Juigaraminage]		
Katadori Menuchi	[T.]	[T.]	[T.]	[T.]					T.		[T.]					
Ush. Katated. Kubishime	[T.]	[T.]	[T.]	[T.]					[T.]		[T.]					
Katadori Mentsuki	T.	T.	T.	T.					T.							
Ushiro Ryokatadori	T.	T.	T.	T.					T.		T.	T.				

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