



KOKORO KAI JU-JITSU ASSOCIATION



GODAN REQUIREMENTS

All students will take an anatomy test on the day of the grading. They will also be required to be the correct level in Ko-Budo . No student will be allowed to grade unless wearing a clean Gi, with appropriate badges.

1. 1-33 WRIST AND ARMLOCKS INCORPORATING WRIST LOCK APPLICATIONS.(Examiner to pick one set at grading).
2. 1-33 ADVANCED LOCKING TECHNIQUES (Examiner to pick one set at grading).
3. KNIFE TECHNIQUES (1st dan and advanced).
4. BATON TECHNIQUES (1st Dan plus six of students own work).
5. HO-JO JUTSU
6. MODULES (4 from each kyu grade)

7. NOVICE BLOCKING KATA
8. WHITE BELT KATA (3persons)
9. WHITE TO GREEN BELT KATA
10. 1st BLOCKING KATA
11. 2nd BLOCKING KATA
12. 3rd BLOCKING KATA
13. SHORT STANCE KATA
14. LONG STANCE KATA
15. LINKING HANDS KATA
16. SAMURAI KATA
17. NUNCHAKU KATA 1st & 2nd
18. TONFA KATA
19. SAI KATA 1st , 2nd & 3rd
20. KAMA KATA
21. NAGINATA KATA
22. BO PAIRS
23. BO WALKING
24. KATANA PRESENTATION
25. KATANA KATA 1 - 7
26. KATANA LONG STANDING KATA
27. KATANA DE-PRESENTATION
28. JO & BOKKEN

- OKINAWAN BO**
29. STANCES
30. BLOCKS
31. STRIKES
32. FIXED KUMITE
33. CONTINOUS KUMITE
34. 1st OKINAWAN BO KATA
35. 2nd OKINAWAN BO KATA
36. ANY OTHER WORK FROM THE KOKORO KAI SYLLABUS