



KOKORO KAI JU-JITSU ASSOCIATION

SANDAN REQUIREMENTS

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

1. 12-22 WRIST AND ARMLOCKS INCORPORATING WRIST LOCK APPLICATIONS
2. 12-22 ADVANCE LOCKING TECHNIQUES
3. NOVICE KATA
4. WHITE BELT KATA (3persons)
5. WHITE TO GREEN BELT KATA
6. 1st BLOCKING KATA
7. 2nd BLOCKING KATA
8. 3rd BLOCKING KATA
9. LINKING HANDS KATA
- 10.SHORT STANCE KATA
- 11.LONG STANCE KATA
- 12.SAMURAI KATA
- 13.KNIFE DEFENCE
- 14.STICK JITSU
- 15.MODULES (2 from each kyu grade)
- 16.NUNCHAKU KATA 1st & 2nd
- 17.TONFA KATA
- 18.1st & 2nd SAI KATA
- 19.KAMA
- 20.NAGINATA
- 21.BO PAIRS
- 22.BO WALKING
- 23.KATANA PRESENTATION
- 24.KATANA KATA'S 1-4
- 25.KATANA LONG STANDING KATA
- 26.KATANA DE-PRESENTATION
- OKINAWAN BO**
- 26.STANCES
- 27.BLOCKS
- 28.STRIKES
- 29.FIXED KUMITE
- 30.1st OKINAWAN BO KATA