

## Green Belt

### Attack

Katate-tori  
Shomen-uchi  
Yokomen-uchi 3  
Back-kick  
Katate-kosatori  
Ryote-tori  
Mune-tori

### Escape

Irimi 1  
Tenkan 1  
Corner step  
Tenkan 2  
Step back  
Tenkan 2  
Irimi 2

### Throw

Shiho-nage  
Kote-gaeshi  
Toyoda Kokyu-nage  
Tenchi-nage  
Ikkyo  
Nikyo  
Sankyo

### Attacks from behind

Ushiro-katate-kubishime (holding)	Tenkan 1	Zempo-undo
Ushiro-tekubi-tori	Tenkan 2	Sayu-undo

### Kata

Bokken kata No. 1 (twice in 30 seconds)  
Jo vs bokken (to be set by examiners in advance)

### Ki Tests

Two techniques to be selected by the examiners with Ki tests at any point

### Randori

One attacker, 3 attacks:

Attacker interrupts Kokyu-nage or Tenchi-nage throw - change throw as appropriate..

### Grading should demonstrate good quality:

**Shape 3, anchors, alignment**

**Feel, flow and speed**

**Composure under pressure**

**Complete nikyo and sankyo finishes**