

Kyu Grade and Dan Grade Syllabus for TIAE Testing

Notes:

1. Kihon and Kinonagare - Unless stated otherwise below, techniques should be demonstrated in kihon up to 3rd kyu. From 2 kyu a Candidate should be prepared to demonstrate techniques in both Kihon and Kinonagare
2. Where it says '3 simple attacks' it is suggested that these are chosen from Shomenuchi, Katatedori, Ryotedori, Kosadori and Tsuki, and the Candidate should be familiar with all these forms.

Grade	Technique	Attack	Detail	Tachiwaza
6 Kyu	Ukemi		Ushiro	Solo
	Tainohenko	Katatedori	Kihon	Tachiwaza
	Ikkyo	Shomenuchi	Omote & Ura	Tachiwaza
	Kotegaeshi	Kosadori	Kihon	Tachiwaza
	Kokyudosa	Ryotedori	Grip on backs of wrists (Kihon)	Suwariwaza
	Ken Suburi		1,2,3	Tachiwaza
	Jo Suburi		1,2,3	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
5 Kyu	Ukemi		Mae & Ushiro	Solo
	Tainohenko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyuho	Katatedori	Kihon	Tachiwaza
	Ikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Ikkyo	Katatedori	Omote & Ura	Tachiwaza
	Shihonage	Katatedori	Omote & Ura	Tachiwaza
	Kokyudosa	Ryotedori	Kihon	Suwariwaza

	Ken Suburi		1 to 7	Tachiwaza
	Shihogiri		Ken	Tachiwaza
	Jo Suburi		1 to 10	Tachiwaza
	Roku no Jo		Jo	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
4 Kyu	Tainohenko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyuho	Morotedori	Kihon	Tachiwaza
	Ikkyo	Katatedori	Omote & Ura	Tachiwaza & Suwariwaza
	Ikkyo	Katadori	Omote & Ura	Tachiwaza
	Nikkyo	Shomenuchi	Omote & Ura	Tachiwaza
	Shihonage	Katatedori	Omote & Ura	Tachiwaza
	Iriminage	Shomenuchi	Kihon	Tachiwaza
	Kokiyudosa	Ryotedori	Kihon	Suwariwaza
	Happogiri		Ken	Tachiwaza
	Ken no Awase		Migi & Hidari	Tachiwaza
	Jo Suburi		1 to 13	Tachiwaza
31 Jo Kata		1 to 12	Tachiwaza	

Grade	Technique	Attack	Detail	Tachiwaza
3 Kyu	Ukemi		High Fall (Assisted)	Tachiwaza
	Tainohenko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyuho	Morotedori	Kihon	Tachiwaza

	Kokyuhō	Katatedori	Moving	Tachiwaza
	Ikkyō	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Ikkyō	Ryotedori	Omote & Ura	Tachiwaza
	Nikkyō	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Nikkyō	Katatedori	Omote & Ura	Tachiwaza
	Sankyō	Shomenuchi	Omote & Ura	Tachiwaza
	Sankyō	Katatedori	Omote & Ura	Tachiwaza
	Shihonage	Kosadori	Omote & Ura	Tachiwaza
	Kotegaeshi	Shomenuchi	Ura	Tachiwaza
	Kotegaeshi	Tsuki	Ura	Tachiwaza
	Iriminage	Katatedori	Gedan, Chudan & Jodan	Tachiwaza
	Kokyudosa	Ryotedori	Kihon	Suwariwaza
	Kaiten-nage	Katatedori	Uchi & Soto Mawari	Tachiwaza
	Ken no Awase		Go & Shichi	Tachiwaza
	Jo Suburi		1 to 20	Tachiwaza
	13 Jo Kata		1 to 13	Tachiwaza
	31 Jo Kata		1 to 18	Tachiwaza
	31 Kumijo		1 to 3 & 4 to 6	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
2 Kyu	Tainohenko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyuhō	Morotedori	Kihon	Tachiwaza
	Ikkyō	Ryotedori	Omote & Ura	Tachiwaza & Suwariwaza

	Ikkyo	Ryokatadori	Omote & Ura	Tachiwaza
	Nikkyo	Katatedori	Omote & Ura	Tachiwaza & Suwariwaza
	Nikkyo	Katadori	Omote & Ura	Tachiwaza
	Sankyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Sankyo	Katatedori	Omote & Ura	Tachiwaza & Suwariwaza
	Sankyo	Katadori	Omote & Ura	Tachiwaza
	Sankyo	Ryotedori	Omote & Ura	Tachiwaza
	Sankyo	Yokomenuchi	Omote & Ura	Tachiwaza
	Yonkyo	Shomenuchi	Omote & Ura	Tachiwaza
	Yonkyo	Katatedori	Omote & Ura	Tachiwaza
	Gokkyo	Yokomenuchi	Ura	Tachiwaza
	Shihonage	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Kotegaeshi	Shomenuchi	Ura	Tachiwaza & Suwariwaza
	Kotegaeshi	Tsuki	Ura	Tachiwaza
	Iriminage	Katadori	Ura	Tachiwaza
	Iriminage	Tsuki	Ura	Tachiwaza
	Kokyudosa	Ryotedori	Kihon	Suwariwaza
	Ken Kimusubi no Tachi			Tachiwaza
	Ken Kunitachi		1 & 2	Tachiwaza
	Jo Happotsuki			Tachiwaza
	31 Jo Kata		1 to 31	Tachiwaza
	31 Kumijo		1 to 3, 4 to 6, 9 to 11 and 13 to 17	Tachiwaza
	Tanto	Tsuki	Kotegaeshi	Tachiwaza

	Tanto	Tsuki	Gokkyo	Tachiwaza
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Grade	Technique	Attack	Detail	Tachiwaza
1 Kyu	Ukemi		High Fall from Technique	Tachiwaza
	Tainohenko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyuhō	Morotedori	Variations	Tachiwaza
	Kokyuhō	Katatedori	Moving	Tachiwaza
	Ikkyō	Ryokatadori	Omote & Ura	Tachiwaza & Suwariwaza
	Ikkyō	Yokomenuchi	Omote & Ura	Tachiwaza
	Nikkyō	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Nikkyō	Yokomenuchi	Omote & Ura	Tachiwaza
	Sankyō	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Sankyō	Ryotedori	Omote & Ura	Tachiwaza & Suwariwaza
	Sankyō	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Yonkyō	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Yonkyō	Katatedori	Omote & Ura	Tachiwaza & Suwariwaza
	Yonkyō	Katadori	Omote & Ura	Tachiwaza
	Yonkyō	Yokomenuchi	Omote & Ura	Tachiwaza
	Gokkyō	Yokomenuchi	Ura	Tachiwaza & Suwariwaza
	Rokkyō	Katatedori	Ura	Tachiwaza
	Shihonage	Ryotedori	Omote & Ura	Tachiwaza
	Shihonage	Tsuki	Omote & Ura	Tachiwaza
	Iriminage	Yokomenuchi plus two other simple attacks	Kihon	Tachiwaza

	Koshinage	Two forms of attack		Tachiwaza
	Kokyudosa	Ryotedori	Kihon, plus hold on top, and hold underneath	Suwariwaza
	Ken Kunitachi		1 to 5 (Kihon)	Tachiwaza
	31 Kumijo		All sections	Tachiwaza
	Jo-dori		2 techniques	Tachiwaza
	Jo-waza		3 techniques	Tachiwaza
	Tanto	Yokomenuchi (stab)	Gokkyo	Tachiwaza
	Tanto	Tsuki	Rokkyo	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
1 Dan	Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyu Ho	Morotodori	Basic, lifting, pulling down, twisting	Tachiwaza
	Ikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Nikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Sankyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Yonkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Gokkyo	Yokomenuchi	Ura	Tachiwaza & Suwariwaza
	Rokkyo	Tsuki	Ura	Tachiwaza
	Shihonage	3 Simple Attacks	Omote & Ura	Tachiwaza
	Iriminage	3 Simple Attacks	Gedan, Chudan, Godan	Tachiwaza
	Kotegaeshi	3 Simple Attacks		Tachiwaza
	Tenchinage	Ryotedori		Tachiwaza
	Kaitenage	3 Simple Attacks		Tachiwaza

	Koshinage	3 Simple Attacks		Tachiwaza
	Kokyunage	3 Attacks plus 1 ushiro	Kinonagare	Tachiwaza
	Ken	Suburi	1 to 7	
	Ken	Tachi Dori	3 different techniques	
	Jo	Jo Suburi	1 to 20	
	Jo	13 Jo Kata	1 to 13	
	Jo	31 Jo Kata	1 to 31	
	Jo	Jo Dori	3 different techniques	
	Tanto	Tanto Dori	Tsuki - two techniques	Tachiwaza
	Tanto	Tanto Dori	Yokomenuchi - two techniques	Tachiwaza
	Jiyuwaza	30 seconds 2 attackers		Tachiwaza
	Kokyu Dosa	Grip on backs of hands (basic)		Suwariwaza

Grade	Technique	Attack	Detail	Tachiwaza
2 Dan	Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyu Ho	Ryotedori	Uchi & Soto	Tachiwaza
	Ikkyo	Katatedori	Omote & Ura	Hanmi Handachiwaza
	Ikkyo	Ryotedori	Omote & Ura	Tachiwaza & Suwariwaza
	Ikkyo	Ushiro Ryotedori	Omote & Ura	Tachiwaza
	Nikkyo	Katatedori	Omote & Ura	Hanmi Handachiwaza
	Nikkyo	Ryotedori	Omote & Ura	Tachiwaza & Suwariwaza
	Nikkyo	Ushiro Ryotedori	Omote & Ura	Tachiwaza
	Sankyo	Katatedori	Omote & Ura	Hanmi Handachiwaza

Sankyo	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
Sankyo	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
Sankyo	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Yonkyo	Katatedori	Omote & Ura	Hanmi Handachiwaza
Yonkyo	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
Yonkyo	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
Gokkyo	Shomenuchi	Ura	Tachiwaza & Suwariwaza
Rokkyo	Shomenuchi	Ura	Tachiwaza & Suwariwaza
Shihonage	Katatedori	Omote & Ura	Suwariwaza
Shihonage	Katadori	Omote & Ura	Tachiwaza
Shihonage	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
Kotegaeshi	Ryotedori	Ura	Tachiwaza
Kotegaeshi	Yokomenuchi	Ura	Tachiwaza
Iriminage	Morotedori	High to low, and low to high	Tachiwaza
Iriminage	Yokomenuchi	Kihon	Tachiwaza & Suwariwaza
Iriminage	Ushiro Ryotedori	Kihon	Tachiwaza
Kaiten-nage	Ryotedori	Uchi & Soto Mawari	Tachiwaza
Koshinage	Morotedori	Head under (x1) and Hip under (x2)	Tachiwaza
Koshinage	Ushiro Ryotedori	1 technique	Tachiwaza
Koshinage	2 attacks of the candidates choice		Tachiwaza
Kokyunage	Morotedori	Head under (x1) and Hip under (x1)	Tachiwaza
Kokyunage	Ryokatadori	2 techniques	Tachiwaza
Kokyunage	Yokomenuchi	2 techniques	Tachiwaza

	Kokyunage	Ushiro Ryotedori	2 techniques	Tachiwaza
	Kokiyudosa	Ryotedori	Kihon, plus hold on top, and hold underneath	Suwariwaza
	Ken no Awase		Migi, Hidari, Go & Shichi	Tachiwaza
	Ken Kimusubi no tachi			Tachiwaza
	Kumitachi		1 to 5 (Kihon)	Tachiwaza
	Tachidori		3 techniques from both Shomenuchi and Yokomenuchi	Tachiwaza
	13 Jo Awase			Tachiwaza
	Jodori		4 different techniques	Tachiwaza
	Kumijo		1 to 5	Tachiwaza
	Tanto	Tanto Dori	2 techniques each from Yokomenuchi and Tsuki, plus knife held to chest and knife held to back	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
3 Dan	Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyu Ho	Yokomenuchi, Katatedori, Kosadori and Tsuki		Tachiwaza
	Ikkyo	Katadori	Omote & Ura	Hanmi Handachiwaza
	Ikkyo	Ryokatadori	Omote & Ura	Tachiwaza
	Nikkyo	Katadori	Omote & Ura	Hanmi Handachiwaza
	Nikkyo	Ryokatadori	Omote & Ura	Tachiwaza
	Sankyo	Katadori	Omote & Ura	Hanmi Handachiwaza
	Sankyo	Ryokatadori	Omote & Ura	Tachiwaza
	Yonkyo	Katadori	Omote & Ura	Hanmi Handachiwaza

	Yonkyo	Ryokatadori	Omote & Ura	Tachiwaza
	Shihonage	Katatedori	Omote & Ura	Hanmi Handachiwaza
	Shihonage	Ryotedori	Omote & Ura	Hanmi Handachiwaza
	Kotegaeshi	Katadori	Ura	Tachiwaza
	Kotegaeshi	Ushiro Ryotedori	Ura	Tachiwaza
	Iriminage	Katadori	High to Low and Low to High	Tachiwaza
	Kaiten-nage	Ushiro Ryotedori	Uchi Mawari	Tachiwaza
	Kaiten-nage	Yokomenuchi	Soto Mawari	Tachiwaza
	Koshinage	Morotedori	Six forms	Tachiwaza
	Kokyunage	Ninindori	Two techniques	Tachiwaza
	Kokyunage	Varied	30 seconds with 3 attackers	Tachiwaza
	Jiyuwaza	Varied	30 seconds with 3 attackers	Tachiwaza
	Kokyudosa	Ryotedori	All variations	Suwariwaza
	Ken Kunitachi		1 and 2, plus henka	Tachiwaza
	Tachidori		Six techniques with 2 attackers	Tachiwaza
	31 Kumijo		1 to 31	Tachiwaza
	Kumijo		1 to 10	Tachiwaza
	Tanto	Various	A range of techniques (at least six) from various attacks	Tachiwaza

Grade	Technique	Attack	Detail	Tachiwaza
4 Dan	Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
	Kokyu Ho	Yokomenuchi, Katatedori, Kosadori and Tsuki		Tachiwaza

	Henkawaza	Any	6 Variations from basic technique	Tachiwaza
	Kaeshiwaza		2 each from Ikkyo, Iriminage and Shihonage	Tachiwaza
	Kokyunage	Varied	30 seconds with 3 attackers	Hanmi Handachiwaza
	Jiyuwaza	Varied	30 seconds with 3 attackers	Tachiwaza
	Kokyudosa	Ryotedori	All variations	Suwariwaza
	Jowaza		30 seconds with 3 attackers	Tachiwaza
	Ken Kunitachi		1 to 5 with variations	Tachiwaza
	Kumijo		1 to 10 with variations	Tachiwaza
	Tachidori, Jodori and Tantodori	Various	Candidate to demonstrate a wide variety of techniques to show versatility in a number of situations	Candidate's choice
	Kentaijo		1 to 7	Tachiwaza