



<b>1</b>  <b>Minimum 60 hours</b>	<i>Shinsa</i> June	osae (1:30)	waza (17)	o utsu – uchikomi x5	<u>kaeshi kuzushi</u> - junte + gyakute dori - tenkai kote gaeshi, kote gaeshi	Hikitategeiko, Soft randori
<b>Shodan Beginner</b>  <b>Minimum 100 hours</b>	<b>Year 3</b>  <i>Shinsa</i> Mar / June		Tanto randori no kata (17)	Goshin no kata (16)	Kaeshi waza (10)	Hikitategeiko Soft randori