Requirements for 8th Kyu (Gold Belt)

Member must be in good standing with the dojo, possess all the required equipment and have attended the required amount of training.

KAMAE (Positions of Engagement)
Ichimonji No Kamae
♦ Togakure Ryu Version - Similar to Koto Ryu except the rear hand forms a shuto near the side of the head
♦ Gyokko Ryu version - Similar to Koto Ryu Version except the lead arm is bent to the side and the rear arm is in a Boshinken near the inside of the lead elbow. Stance is shorter and more upright.

Hicho No Kamae- Pronounced “Shicho”

TAIHENJUTSU (Body Movement)
Tobi Komi(Kaiten)- Leaping rolls, forward, sides and backwards
Yoko Nagare – Side hip roll
Jun Nagare – Shoulder roll from Ichimonji. From the back leg and in the backwards direction
Gyaku Nagare- Forward roll from Ichimonji going over the rear shoulder
Zenpo Kaiten Henka- Forward roll coming to both feet
Yoko Ukemi- Side breakfall, stop momentum by slapping the mat
Koho Ukemi- Rear Breakfall, stop momentum by slapping the mat

DAKENTAIJUTSU NO WAZA (Striking Methods)
Kihon Happo (Part 1)
♦ Ichimonji No Waza
♦ Jumonji No Waza
♦ Hicho No Waza

En No Undo - Circling Ichimonji drill with partner
Sen No Undo - Straight line Ichimonji drill with partner
Shuto Ken - Knife hand strike
Sokuho Geri - Side Heel stomp kick – All four directions

Kihon Happo (Part 2)
Onote Gyaku - (Gyokko Ryu) Outside wrist throw. Small circle version
Ura Gyaku - (Gyokko Ryu) Inside wrist throw. Small circle version
Hon Gyaku - Similar to Ura Gyaku. Uke’s little finger is pointed up

Tehodoki No Waza (Part 1) Escapes from same side wrist grabs
Uchi Mawashi Dori – Elbow to elbow escape
Soto Mawashi Dori – Back of hand rests on inside of uke’s wrist
Yahazu Gake – Open palm but separate the thumb. Raise hand to catch wrist and throw with Hon Gyaku

Tehodoki No Waza (Part 2) Escapes from opposite side wrist grabs
Kakae Hiji Dori- Twist outside and over uke’s wrist pulling arm across your chest
Uchi Mawashi Hazushi- Outside circle (either clockwise or counter clockwise) Strike and throw
Itami Hazushi – Circular movement to inside of grip. Drive Uke to ground using thumb knuckle
Tehodoki No Waza (Part 3) Escapes when both wrists are held
Sayu Mawashi – Perform Uchi Mawashi and Soto Mawashi at the same time, unbalance uke and throw.
Ogami Dori – Clap palms together and strike uke’s throat. Finish with throw.
Shuko Uchi – Make fists with both hands cross your fists and strike uke’s hands into each other.

Randori (Free form application of techniques)
Ichimonji No Randori
Hicho No Randori

BUDO GU (Combat Weapons)
HanboJutsu
♦ Hanbo Kyuho Uchi – Nine directional strikes with Hanbo
♦ Tsuki Iri – Outside strike to ribs then takedown
♦ Koshi Ori (Breaking the hip) — Inside strike to ribs with takedown
♦ Ganseki Otoshi (Dropping a big Rock) Insert Hanbo under uke’s shoulder and throw while sweeping the leg
♦ Ganseki Otoshi Makikomi – Variation where Hanbo pressures uke’s triceps
♦ Ganseki Otoshi Garami – Entangling technique with Hanbo.

MOKUSO (AWARENESS)
Sui No Kokyu Ho – Water method breathing, long breath in / short breath out. Moving in Ichimonji
Awareness training – Walking straight while blindfolded.