

Nikyu Requirements

Rolls & Falls:

Chugaeri:

Kneeling Shoulder Roll
Kneeling Back Roll
Standing Shoulder Roll
Standing Back Roll
Side Shoulder Roll
Dive Roll

Ukemi:

Standing Face Fall
Flying Face Fall
Rolling Flat Fall
Crouching Back Fall
Standing Back Fall

Sutemi:

Shoulder Flat Fall
Straight Over
Handstand Bridge Fall
Bridge Fall Sutemi

Yawara (all)

Nage (all)

Shime (all)

Oku (all)

Kiai No Maki:

Waribashi Ori

Fujin Goshin No Maki:

Yawara

Fusegijutsu:

Yawara

Keisatsu Gijutsu:

Yawara/Torite No Maki

Bojutsu:

Linear Line drill
Diagonal drill
Two man drill
Shiho Kata

Seven Basic Kappo

Written Exam

Oral Vocabulary Exam