

#=TECHNIQUE ITSELF
 #=COUNTER-ATTACK
 #=COMBINATION-ATTACK

	MINIMUM AGE	MIN # OF PRACTICES	MONTHS IN GRADE	PASSING %AGE	THROWS			PINS			CHOKES			TURTLE LIST	SWEEPS LIST	PASSING LIST	TERMINOLOGY	
					S E T	S E T	S E T	S E T	S E T	S E T	S E T							
					1	2	3	1	2	3	1	2	3					
11TH MON	13	48	12	70	4 2	4 2	8 2					4	2	2	8	4	1	
10TH MON	13	48	12	65	2 2	4 2	8 2					4	2		7	3		
9TH MON	12	48	12	65	2 2	4 2	8 1					2			6	2		
8TH MON	11	48	12	60	2 2	4 1	6	1	2	3				5	1			
7TH MON	10	48	12	60	2 1	6 1	4	1	2	2				4	1		32-43	
6TH MON	9	32	8	55	2 2	6	2	1	3	1				3	1		24-31	
5TH MON	9	24	6	55	4 1	4		1	3					2	1		17-23	
4TH MON	8	24	6	50	4	2		2	2					1			12-16	
3RD MON	8	24	6	50	4			2	1								8-11	
2ND MON	7	16	6	50	Taiotoshi Ouchigari or Kouchigari			Kesa Gatame Yoko Shiho Gatame Taiotoshi into Yoko Shiho Gatame			Roll-Fall Tie Obi in 20 Sec						4-7	
1ST MON	6	8	4	50	Taiotoshi			Kesa Gatame Taiotoshi into Kesa Gatame			How to Bow Tie Obi in 30 Sec Back-Fall Side-Fall						1-3	

Any Throw into Kami Shiho Gatame

Taiotoshi
Ouchigari
Kouchigari

Opposite-Side Ippon Seoinage
Zenpogaiten

NOVICE