

NOTES

- Zagi (Suwari waza): sitting.
- Hanmi-handachi waza: sitting vs. standing.
- Tachi waza: standing.
- Be sure you have the required number of practice days before applying for an examination. Application forms and fees should be filed 3 days before the examination.
- Essays and articles should be filed 3 days before the examination.
- Successful completion of summer and winter training will be taken into consideration.
- Minimum age for 1st Dan is 15 years, and for 4th Dan is 22 years.
- Examinations shall be taken at the dojo where you normally practice. If you wish to take an examination at a dojo other than where you normally practice, approval of both dojos is required.
- Morotedori is two hands holding one hand.
- As a rule partners (uke) in an examination should be of the same rank.
- Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".