

Birankai NA Dan Promotion Guidelines

*NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.

Attacks	Shodan/1st dan	Nidan/2nd dan	Sandan/3rd dan
	+ 300 hours	+ 400 hours	+ 500 hours
Katatedori Gyakuhanmi	Variations	Hanmi Handachi Variations	Kokyunage Variations Ki no nagare
Katatedori Aihanmi	Variations		
Ryotedori	Variations	Hanmi Handachi Variations	
Morotedori	Koshinage	Variations	
Katadori Shomenenuchi	- Ikkyo - Nikyo - Sankyo -Yonkyo - Shihonage - Kotegaeshi - Iriminage	Variations	Ryokatadori Variations
Shomenuchi	Variations	Hanmi Handachi Kokyunage Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations
Yokomenuchi	Variations	Hanmi Handachi Kokyunage Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations
Tsuki	Rokkyo	Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations
Ushiro Ryotedori	Udegarami Koshinage	Kokyunage Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations
Ushiro ryokatadori	Hanmi Handachi Variations	Kokyunage Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations
Ushiro Kubishime	- Ikkyo - Nikyo - Sankyo - Udegarami - Kotegaeshi	Kokyunage Variations	Suwariwaza Tachiwaza Hanmi Handachi Variations

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	Shodan/1st dan	Nidan/2nd dan	Sandan/3rd dan
Weapons Forms	Tanto dori	Jo awase waza	Tanto waza
Essay	Jodori	Bokken forms	Sansho #2
Other	Futari dori	36 jo basics	Randori
	3 person randori	Sansho #1	Written essay
	Written essay	4 person randori	Attend 2 major seminars
	Attend 2 major seminars	Written essay	
		Attend 2 major seminars	

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