

Birankai Kyu Promotion Guidelines

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

Attacks	Gokyu/5th Kyu + 50 hours	Yonkyu/4th Kyu + 80 hours	Sankyu/3rd Kyu + 100 hours	Nikyu/2nd Kyu + 150 hours	Ikkyu/1st Kyu + 200 hours
Katatedori Gyakuhanmi	Ikkyo Shihonage Kaitenage (Uchi & Soto)	Iriminage Nikyo Sankyo Kotegaeshi Kokyunage	Sumiotoshi Koshinage Hanmi Handachi Shihonage Kaitenage (Uchi & Soto)	Hanmi Handachi Uchikaiten Katagatame Sotokaiten Katagatame Kokyunage	Kokyunage
Katatedori Aihanmi	Ikkyo	Iriminage Nikyo Sankyo Kotegaeshi Kaitenage (Soto) Shihonage	Jujinage Yonkyo Sumiotoshi Koshinage		
Ryotedori	Suwariwaza Kokyuho	Shihonage Tenchinage Kokyunage Hanmi Handachi Shihonage	Iriminage Kotegaeshi Koshinage	Suwariwaza Kokyuho	Kokyunage Variations Suwariwaza Variations
Morotedori		Kokyunage	Ikkyo Nikyo Iriminage Kokyunage	Ikkyo Nikyo Iriminage Kotegaeshi Jujinage	Udegarame Shihonage
Katadori (Mune/Sade)	Ikkyo	Nikyo Sankyo	Yonkyo Shihonage Kotegaeshi	Uchikaiten Katagatame Sotokaiten Katagatame	Rokkyo Kokynage Suwariwaza Rokkyo

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Shomenuchi	Ikkyo Suwariwaza Ikkyo	Nikkyo Sankyo Suwariwaza Nikyo Sankyo	Yonkyo Iriminage Kotegaeshi Kaitenage (Soto) Shihonage Suwariwaza Yonkyo Iriminage Kotegaeshi Kaitenage (Soto)	Sumiotoshi Gokyo Koshinage Suwariwaza Sumiotoshi Gokyo	Hanmi Handachi Iriminage Kotegaeshi Kaitenage (Soto)
Yokomenuchi		Shihonage	Ikkyo Nikyo Sankyo Yonkyo Iriminage Kotegaeshi Jujinage Suwariwaza Kokyunage	Suwariwaza Ikkyo Nikyo Sankyo Yonkyo Iriminage Kotegaeshi	Hanmi Handachi Shihonage Kotegaeshi
Tsuki			Ikkyo Nikyo Sankyo Kotegaeshi	Iriminage Sumiotoshi Gokyo Koshinage	Suwariwaza Ikkyo Iriminage Kotegaeshi
Ushiro Ryotedori			Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Kaitenage Shihonage Kotegaeshi Iriminage Jujinage
Ushiro Ryokatadori			Katate Eridori Ikkyo Ryo Katadori Kokyunage	Katate Eridori Iriminage Ryo Katadori Ikkyo Nikyo Sankyo Yonkyo	Kotegaeshi Shihonage Udegarama