

BRITISH BIRANKAI PROMOTION REQUIREMENTS

Number of hours in brackets are for guidance only and constitutes a *minimum* number required.

(Each new level includes all previous levels)

	GOKYU (50 Hours)	YONKYU (80 Hours)	SANKYU (100 Hours)	NIKYU (150 Hours)	IKKYU (200 Hours)
KATATE DORI GYAKU HANMI	IKKYO SHIHO NAGE KAITEN NAGE: (UCHI & SOTO)	IRIMI NAGE NIKYU SANKYO KOTE GAESHI KOKYU NAGE	HANMI HANDACHI: -SHIHO NAGE -KAITEN NAGE (UCHI & SOTO) SUMI OTOSHI KOSHI NAGE	HANMI HANDACHI: -UCHI KAITEN KATA GATAME -SOTO KAITEN KATA GATAME -KOKYU NAGE	KOKYU NAGE
KATATE DORI AI HANMI	IKKYO	IRIMI NAGE NIKYU SANKYO KOTE GAESHI KAITEN NAGE (SOTO) SHIHO NAGE	JUJI NAGE YONKYU SUMI OTOSHI KOSHI NAGE		
RYOTE DORI	SUWARI WAZA: -KOKYU NAGE	SHIHO NAGE TENCHI NAGE KOKYU NAGE HANMI HANDACHI: -SHIHO NAGE	IRIMI NAGE KOTE GAESHI KOSHI NAGE	SUWARI WAZA: -KOKYU HO	KOKYU NAGE - VARIATIONS SUWARI WAZA
MOROTE DORI		KOKYU NAGE	IKKYO NIKYU IRIMI NAGE KOKYU NAGE	IKKYO NIKYU IRIMI NAGE KOTE GAESHI JUJI NAGE	UDE GARAMI SHIHO NAGE
KATA DORI MUNE/SODE	IKKYO	NIKYU SANKYO	YONKYU SHIHO NAGE KOTE GAESHI	UCHI KAITEN: -KATA GATAME SOTO KAITEN: -KATA GATAME	SUWARI WAZA & TACHI WAZA: -ROKKYO KOKYU NAGE
SHOMEN UCHI	SUWARI WAZA & TACHI WAZA: -IKKYO	SUWARI WAZA & TACHI WAZA: -NIKYU -SANKYO	SUWARI WAZA & TACHI WAZA: -YONKYU -IRIMI NAGE -KOTE GAESHI -KAITEN NAGE (SOTO) -SHIHO NAGE	SUWARI WAZA & TACHI WAZA: -SUMI OTOSHI -GOKYO KOSHI NAGE	HANMI HANDACHI: -IRIMI NAGE -KOTE GAESHI -KAITEN NAGE (SOTO)
YOKOMEN UCHI		SHIHO NAGE	SUWARI WAZA: -KOKYU NAGE TACHI WAZA: -IKKYO -NIKYU -SANKYO -YONKYU -IRIMI NAGE -KOTE GAESHI -JUJI NAGE	SUWARI WAZA: -IKKYO -NIKYU -SANKYO -YONKYU -IRIMI NAGE -KOTE GAESHI	HANMI HANDACHI: -SHIHO NAGE - KOTE GAESHI
TSUKI			IKKYO NIKYU SANKYO KOTE GAESHI	IRIMI NAGE SUMI OTOSHI GOKYO KOSHI NAGE	SUWARI WAZA: -IKKYO -IRIMI NAGE - KOTE GAESHI
USHIRO RYOTE DORI			KOKYU NAGE	IKKYO NIKYU SANKYO YONKYU	KAITEN NAGE SHIHO NAGE KOTE GAESHI IRIMI NAGE JUJI NAGE
USHIRO KATA DORI			KATATE ERI DORI: -IKKYO RYO KATA DORI: -KOKYU NAGE	KATATE ERI DORI: -IRIMI NAGE RYO KATA DORI: -IKKYO -NIKYU -SANKYO -YONKYU	KOTE GAESHI SHIHO NAGE UDE GARAMI

BRITISH BIRANKAI PROMOTION REQUIREMENTS

(Each new level includes all previous levels)

	SHODAN (300 hours)	NIDAN (400 hours)	SANDAN (500 hours)	YONDAN	GODAN
GYAKU HANMI KATATE DORI	VARIATIONS	HANMI HANDACHI VARIATIONS	KOKYU NAGE KI NO NAGARE		
AI HANMI KATATE DORI	VARIATIONS				
RYOTE DORI	TACHI WAZA VARIATIONS	HANMI HANDACHI VARIATIONS			
MOROTE DORI	KOSHI NAGE	TACHI WAZA VARIATIONS			
KATA DORI (MUNE/SADE)	SUWARI WAZA & TACHIWAZA KATA MEN UCHI IKKYO NIKYO SANKYO YONKYO SHIHO NAGE KOTE GAESHI IRIMI NAGE	TACHI WAZA RYO KATA DORI VARIATIONS			
SHOMEN UCHI	TACHI WAZA VARIATIONS	HANMI HANDACHI KOKYU NAGE VARIATIONS	SUWARI WAZA, TACHI WAZA AND HANMI HANDACHI VARIATIONS		
YOKOMEN UCHI	TACHI WAZA VARIATIONS	HANMI HANDACHI KOKYU NAGE VARIATIONS	FREE STYLE		
TSUKI	ROKKYO	TACHI WAZA VARIATIONS	FREE STYLE		
USHIRO RYOTE DORI	UDE GARAMI KOSHI NAGE	KOKYU NAGE VARIATIONS	FREE STYLE		
USHIRO KATA DORI	HANMI HANDACHI RYO KATA DORI IKKYO NIKYO SANKYO YONKYO KOTE GAESHI SHIHO NAGE	KOKYU NAGE VARIATIONS	FREE STYLE		
USHIRO KUBI SHIME	IKKYO NIKYO SANKYO UDE GARAMI KOTE GAESHI	KOKYU NAGE VARIATIONS	FREE STYLE		
MISCELLANEOUS OTHER	TANTO DORI JO DORI FUTARI DORI SANNIN RANDORI WRITTEN ESSAY ATTEND 2 MAJOR SEMINARS	JO AWASE WAZA BOKKEN FORMS YONNIN RANDORI WRITTEN ESSAY ATTEND 2 MAJOR SEMINARS	TANTO WAZA FREE STYLE WRITTEN ESSAY ATTEND 2 MAJOR SEMINARS		