

# Monthly Plan Roadmap Black Belt System

[Monthly / \$60]



# Kyukyu / 1-3 mos

- 1 Ushiro-Ukemi
  - 2 Shrimp
  - 3 Kesa-gatame(1)
  - 4 Kata-Gatam(2)
  - 5 One Elbow One Knee
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5 Techniques & 5 Knowledge test



# Hachikyu / 4-6 mos

- 1 Yoko-Ukemi
  - 2 Shimp Another Side
  - 3 Tate-shiho-Gatame(3)
  - 4 Kami-shiho-Gatame(5)
  - 5 Twi Hands on the Elbow  
→ Yoko Shiho Gatame(4)
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5 Techniques & 5 Knowledge test



# Nanakyu / 7-9 mos

- 1 Koshi kiri inside
- 2 Koshi kiri Outside
- 3 Mune Gatame(9)
- 4 Kuzure Mune Gatame(10)
- 5 Obi Tori Gaeshi →  
Kuzure Kesa Gatame(8)

5 Techniques & 5 Knowledge test



## Rokukyu / 10-15 mos

10 Techniques & 10 Knowledge test

- 1 Mae Mawari Ukemi
  - 2 Kuzure Ushiro kesa Gatame (Osaekomi No.14)
  - 3 Hadaka Jime
  - 4 Okuri Eri Jime
  - 5 Kata Ha Jime
  - 6 Juji Gatame
  - 7 Uki-Otoshi(Ai-Yotus, Newaza Kuzushi No,2)
  - 8 Kibisu-Gaeshi(Ai-Yotus, Newaza Kuzushi No.2)
  - 9 Kuchi-Ki-Taoshi (Kenka-Yotsu, Newaza Kuzushi No.3)
  - 10 Uki-Otoshi (Kenka-Yotsu, Newaza Kuzushi No.4)
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## Gokyu / 16-21 mos

10 Techniques & 10 Knowledge test

- 1 Hane Age Te Ashi Nobashi
- 2 Hane Age Koshi Nuki
- 3 Kobusi
- 4 Kesa Gatame escape No.1
- 5 Kesa Gatame escape No.2
- 6 Koshi jime
- 7 Nami Juji Jime on the top



8 Kibisu-Gaeshi

9 Kuchi Ki Taoshi

10 Morote Gari

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## Yonkyu / 22-27 mos

10 Techniques & 10 Knowledge test

1 Kesa Gatame escape No.3  
(Hane Age Koshi Nuki  
→ Koburi)

2 Kesa Gatame escape No.4  
(Get the leg →  
Bring him another side)

3 Kesa Gatame escape No.5  
(Teppo Gaeshi)

4 Gyaku Juji Jime on the top

5 Kata Juji Jime on the bottom

6 Koshi Jime when he tries to stand up

7 Jigoku Jime(Kata Te Jime)

8 Hikoki

9 Sumi Gaeshi

10 Ashi Tori Ochi

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1 Hikikomi gaeshi No.1

2 Hikikomi gaeshi No.2

3 Hikikomi gaeshi No.3

4 Tomoe Nage

5 Ude Garami with  
Kuzure Kasa Gatame No.1

6 Waki Gatame with Kuzure Kasa Gatame No.2

7 Hara Gatame with Kuzure Kasa Gatame No.3

8 Ashi Gatame with Kesa Gatame

9 Ude Garami with Kesa Gatame

10 Ko Uchi Gari → sliding knee → Kesa Gatame

11 O Uchi Gari → Koshi Kiri → Yoko Shiho Gatame

12 O Soto Gari → Scoope the arm → go another side  
→ Kuzure Kesa Gatame

13 Forward technique → Juji Gatame

14 Tornade Kibisu

15 Around the world (15 Osaekomis)



# Nikyu / 34-39 mos

15 Techniques & 15 Knowledge test

- 1 Uki Gatame
  - 2 Sankaku Jime
  - 3 Sankaku Gatame
  - 4 SRT (super rolling thunder)
  - 5 Tai-otoshi → get the arm  
→ Ude Garami
  - 6 Kurimura Gaeshi No.1
  - 7 Kurimura Gaeshi No.2
  - 8 Ude Sankaku Gatame
  - 9 Ko Uchi Maki Komi
  - 10 Kusa Kari No.1
  - 11 Kusa Kari No.2
  - 12 Yoko-shiho-gatame escape No.1
  - 13 Yoko-shiho-gatame escape No.2
  - 14 Yoko-shiho-gatame escape No.3
  - 15 Yoko-shiho-gatame escape No.4
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1 Cross grip turnover with butterfly guard No.1

2 Cross grip turnover with butterfly guard No.2

3 Cross grip turnover with butterfly guard No.3

4 Uki-Waza → Koshi-Jime

5 Sumi-gaeshi → Ashi Jime

6 Okuri Eri Jime No.3

7 Okuri Eri jime No.4

8 Okuri Eri Jime escape

9 Yoko Gake

10 Sukui Ngae

11 Tawara Gaeshi → Kuzure Kami Shiho Gatame

12 Kata Te Jime on Jigoku Zeme

13 Jigoku Zeme Gatame

14 Double lock escape

15 Waki Gatame

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# Shodan / 46-51 mos

15 Techniques & 15 Knowledge test

1 Waki Gatame  
variations No.1 No.2 No.3

2 Morote Gari  
→ Kuzure Kesa Gatame

3 Kurimura Guard pass No.1

4 Kurimura Guard pass No.2

5 Get Uchimata → Yoko Guruma

6 Yoko Wakare

7 Ude Tori Gaeshi

8 Ude Tori Gaeshi → Te Gatame

9 One hand Seoi Nage

10 He dose Ashi Tori → avoid & break → Ashi gatame

11 Tomoe → Juji

12 Tomoe → He resits → Juji

13 Ude Garami with Jumping forward → Juji

14 Break drop Seoi Nage → Koshi Jime

15 Uchimata → Sumi Gaeshi



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- Evaluation: free
  - Re-evaluation: \$100