

# USAF WESTERN REGION PROMOTION REQUIREMENTS

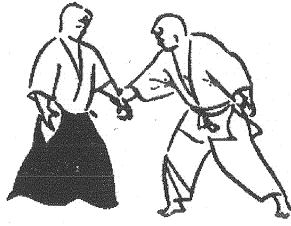
(Each new level includes all previous levels)

Attack:	GOKYU (50 hours)	YONKYU (80 hours)	SANKYU (100 hours)	NIKYU (150 hours)	IKKYU (200 hours)
Gyaku hanmi Katate dori	Ikkyo Shiho nage Kaiten nage (uchi & soto)	Irimi nage Nikyo Sankyo Kote gaeshi Kokyu nage	Sumi otoshi Koshi nage Hanmi handachi Shiho nage Kaiten nage (uchi & soto)	Hanmi handachi Uchi kaiten kata gatame Soto kaiten kata gatame Kokyu nage	Kokyu nage variations
Ai hanmi Katate dori	Ikkyo	Irimi nage Nikyo Sankyo Kotegaeshi Soto kaiten nage Shiho nage	Juji nage Yonkyo 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
Morote dori		Kokyu nage	Ikkyo Nikyo Irimi nage	Sankyo Yonkyo Kote gaeshi Juji nage	Ude garami Shiho nage
Kata dori (Mune/Sade)	Ikkyo	Nikyo Sankyo	Yonkyo 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 Nikyo Sankyo	Suwari waza & Tachi waza Yonkyo Irimi nage Kote gaeshi Soto kaiten nage Shiho nage	Suwari waza & Tachi waza Sumi otoshi Gokyo Koshi nage	Hanmi handachi Irimi nage Kote gaeshi Soto kaiten nage
Yokomen uchi			Suwari waza Kokyu nage Tachi waza Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi Juji nage	Suwari waza Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi	Hanmi handachi Shiho nage Kote gaeshi
Tsuki			Ikkyo Nikyo Sankyo Kote gaeshi	Yonkyo Gokyo Irimi nage Sumi otoshi koshi nage	Suwari waza Ikkyo Irimi nage Kote gaeshi
Ushiro ryote dori			Kokyu nage	Ikkyo Nikyo Sankyo Yonkyo	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 Nikyo Sankyo Yonkyo	Kote gaeshi Shiho nage Ude garami

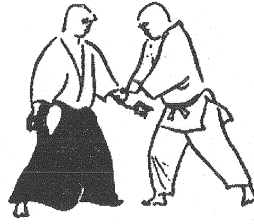
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(Each new level includes all previous levels)

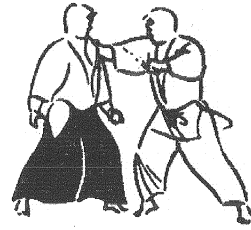
Attack:	SHODAN (300 hours)	NIDAN (400 hours)	SANDAN (500 hours)	YONDAN	GODAN
Gyaku hanmi Katate dori	Variations	Hanmi handachi variations	Kokyu nage Ki no nagare		
Ai hanmi Katate dori	Variations				
Ryote dori	Tachi waza variations	Hanmi handachi variations			
Morote dori	Koshi nage	Tachi waza variations			
Kata dori (Mune/Sade)	Suwaru waza & Tachi waza 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	Suwaru 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		



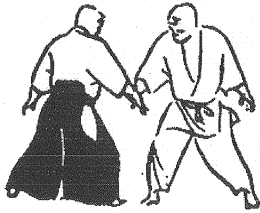
*gyakuhanmi katate dori*



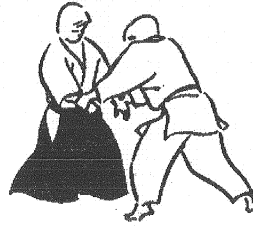
*katate ryote dori*



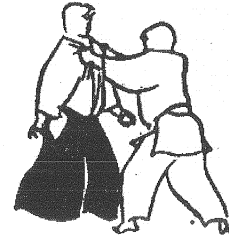
*muna dori*



*aihanmi katate dori*



*ryote dori*



*ryo kata dori*



*ushiro ryote dori*



*ushiro ryo kata dori*



*ushiro kakaie*



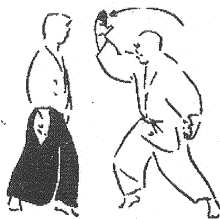
*ushiro ryo hiji dori*



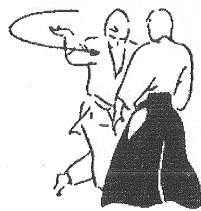
*kubi shime*



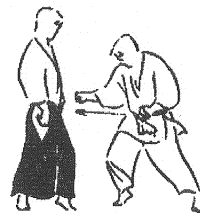
*ushiro kakaie*



*shomen uchi*



*yokomen uchi*



*tsuki*



*ushiro katate kubi shime*