

Bujinkan Bruin Dojo New York **Grading Curriculum**

8th Kyu

Shizen Kaiten Waza – Standing Ground Rolls

Zenpo Kaiten - Forward Roll
Naname Kaiten - Diagonal Rolls
Sokuho Kaiten - Side Roll
Koho Kaiten - Backwards Roll
Hicho Kaiten - Dive Rolls

Zagata Ukemi Gata – Kneeling Break Falls

Zenpo Ukemi - Forward Break fall
Yoko Ukemi - Side Break fall
Koho Ukemi - Backwards Break fall

Jutaijutsu

Omote Gyaku – Outward Wrist Twist
Ura Kote Gyaku – Inward Wrist Twist
Hon Gyaku – Wrist Lock