

Birankai Dan Promotion Guidelines

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

Attacks	Shodan/1st dan + 300 hours	Nidan/2nd dan + 400 hours	Sandan/3rd dan + 500 hours
Katatedori Gyakuhanmi	Variations	Hanmi Handachi Variations	Kokyunage Variations Ki no nagare
Katatedori Aihanmi	Variations		
Ryotedori	Variations	Hanmi Handachi Variations	
Morotedori	Koshinage	Variations	
Katadori Shomenenuchi	Ikkyo Nikyo Sankyo Yonkyo Shihonage Kotegaeshi Iriminage	Variations	Ryokatadori Variations
Shomenuchi	Variations	Hanmi Handachi Kokyunage Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations

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Yokomenuchi	Variations	Hanmi Handachi Kokyunage Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations
Tsuki	Rokkyo	Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations
Ushiro Ryotedori	Udegarami Koshinage	Kokyunage Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations
Ushiro Ryokatadori	Hanmi Handachi Variations	Kokyunage Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations
Ushiro Kubishime	Ikkyo Nikyo Sankyo Udegarami Kotegaeshi	Kokyunage Variations	Tachiwaza Hanmi Handachi Suwariwaza Variations
Weapons Forms Essay Other	Tanto dori Jodori Futari dori 3 person randori Written essay Attend 2 major seminars	Jo awase waza Bokken forms 36 jo basics Sansho #1 4 person randori Written essay Attend 2 major seminars	Tanto waza Sansho #2 Randori Written essay Attend 2 major seminars