

6 kyu

Hanmi

Ukemi

- Mae
- Ushiro

Shikko

Tai no henko

Morote dori kokyu ho

Ai hanmi – katate dori

- Ikkyo, omote og ura waza
- Kote gaeshi

Gyaku hanmi – katate dori

- Shiho nage, omote og ura waza

Kata dori

- Ikkyo – omote
- Nikyo – ura

Ryote dori

- Tenchi nage

Suwari waza kokyu–ho

5 Kyu

Tai no henko

- Kihon
- Ki no Nagare (kort form)

Kokyu ho

Ai hanmi – katate dori

- Nikyo – ura
- Irimi nage (håndfladen opad/ til siden)

Gyaku hanmi – katate dori

- Ikkyo – omote
- Nikyo – ura
- Sankyo – omote

- Kote gaeshi

Ryokata dori

- Ikkyo (omote)

Ryote dori

- Shiho nage (omote)

Bukiwaza

Ken

Ken no kamae

Ichi no suburi

Ni no suburi

Jo

Jo kamae

Tsuki no kamae

Choku tsuki

Kaeshi tsuki

Shomen uchikomi

4 Kyu

Tai no henko

Morote dori kokyu ho

Gyaku hanmi – katate dori

- Irimi nage, jodan, gedan, chudan
- Kaiten nage, uchi mawari og soto mawari

Kata dori

- Ikkyo, omote och ura waza, ki no nagare form
- Nikyo, ki no nagare form

Ushiro ryote dori

- Kokyu ho
- Ikkyo, omote waza
- Kote gaeshi

Shomen uchi

- Ikkyo, omote og ura waza
- Nikyo, omote og ura waza
- Sankyo, omote og ura waza
- Yonkyo, omote og ura waza

- Kote gaeshi

Tsuki

- Tsuki (chudan), kote gaeshi

Bukiwaza

Ken

Suburi 1–7

Zen go giri

Jo

Suburi 1–10

3 Kyu

Tai no henko

Morote dori kokyu ho

Gyaku hanmi – katate dori

- Ikkyo, omote og ura waza, ki no nagare
- Kote gaeshi, ki no nagare
- Shiho nage, omote og ura waza, ki no nagare

Ushiro ryote dori

- Nikyo
- Sankyo
- Juji garami
- Koshi nage

Shomen uchi

- Shiho nage, omote waza
- Irimi nage

Suwari waza – shomen uchi

- Ikkyo, omote og ura waza
- Nikyo, omote og ura waza
- Irimi nage

Yokomen uchi

- Ikkyo, omote waza
- Gokyo, ura waza

Koshi nage – tre forskjellige

- Ryote dori
- Katate dori

Bukiwaza

Ken

- Suburi 1–7
- Shiho giri
- Migi awase
- Hidari awase

Jo

- Suburi 1–20

2 Kyu

Morote dori

- Kokyu ho, former 1 – 4

Hanmi handachi waza

- Katate dori – shiho nage, omote waza
- Ryote dori – shiho nage, omote waza
- Katate dori – kaiten nage, uchi mawari

Suwari waza – shomen uchi

- Sankyo, omote og ura waza
- Yonkyo, omote og ura waza

Yokomen uchi

- Sankyo, omote og ura waza
- Yonkyo, omote og ura waza

Jiyu waza

Osae– og nagewaza

Bukiwaza

Ken

- Suburi 1–7
- Shiho giri
- Migi awase
- Hidari awase
- Go no awase
- Shichi no awase

Jo

- Suburi 1–20
- 31 jo kata (sanjuichi no jo)

1 Kyu

Tai no Henko

- Ki no Nagare – lang version

Morote dori

- Variation 5

Gyaku hanmi – katate dori

- Kokyu ho, kihon og ki no nagare

Sode dori

- Kokyu ho
- Ikkyo – omote
- Nikyo – ura

Suwari waza – yokomen uchi

- Gokyo, ura waza

Yokomen uchi

- Kote gaeshi – ki no nagare
- Shiho nage– ki no nagare
- Irimi nage– ki no nagare

Jiyu waza

Osae– og nagewaza

Kokyu nage

- Morote dori
- Ryo kata dori
- Ryote dori

Bukiwaza

Ken

- Suburi 1–7
- Shiho Giri
- Migi awase
- Hidari awase
- Go no awase
- Shichi no awase
- Happo giri

Jo

- Suburi 1–20
- Sanjuichi no Jo
- Jusan no Jo