

6. KYU

1. UKEMI WAZA & SHIKKO:

2. SUWARI WAZA:

Ai hammi katate dori: Ikkyo

3. TACHI WAZA:

Ai hammi katate dori: Ikkyo
Iriminage
Kotegaeshi
Gyaku hammi katate dori: Shihonage
Tenchinage
Uchi kaitennage
Kokyunage

5. KYU

1. SUWARI WAZA:

Shomen uchi: Ikkyo
Sankyo
Iriminage

2. HANMI HANDACHI WAZA

Gyaku hammi katate dori: Shihonage

3. TACHI WAZA:

Ai hammi katate dori: Nikyo
Shihonage
Uchi kaitennage
Uchikaiten sankyo
Gyaku hammi katate dori: Ikkyo
Iriminage
Kotegaeshi
Udekimenage
Kokyu ho (naname)
Sumi otoshi
Shomen uchi : Ikkyo
Nikyo
Sankyo
Iriminage
Kotegaeshi

4. KYU

1. SUWARI WAZA:

Kata dori: Ikkyo
Nikyo
Shomen uchi: Nikyo
Yonkyo
Gokyo
Kotegaeshi

2. HAMMI HANDACHI WAZA:

Gyaku hammi katate dori: Ikkyo

3. TACHI WAZA:

Ai hammi katate dori: Koshinage
Gyaku hammi katate dori: Nikyo
Sankyo
Yonkyo
Soto kaiten nage
Gyaku kotegaeshi
Ryote dori: Ikkyo
Tenchinage

Kata dori:

Shomen uchi:

Chudan tsuki:

4. USHIRO WAZA:

Ryote dori: Sankyo
Katate dori kubi shime: Koshinage

Shihonage
Udekimenage
Ikkyo
Nikyo
Yonkyo
Gokyo
Uchi kaiten sankyo
Shihonage
Koshinage
Ikkyo
Kotegaeshi
Iriminage

3. KYU

1. SUWARI WAZA:

Shomen uchi: Soto kaitennage
Kokyunage
Kata dori: Sankyo
Ryote dori: Kokyu ho

2. HAMMI HANDACHI WAZA:

Gyaku hammi katate dori: Nikyo
Uchi kaitennage
Soto kaitennage

3. TACHI WAZA:

Katate ryote dori: Ikkyo
Nikyo
Iriminage
Jujigarami
Kokyunage
Ryote dori: Nikyo
Iriminage
Kotegaeshi
Gyaku kotegaeshi
Kokyunage
Shomen uchi: Kokyunage
Sumi otoshi
Yokomen uchi: Ikkyo
Iriminage
Shihonage
Kotegaeshi
Tenchinage
Chudan tsuki: Hiji kime osae
Uchikaiten sankyo
Udekimenage
Soto kaitennage

4. USHIRO WAZA:

Ryote dori: Ikkyo
Iriminage
Shihonage
Kotegaeshi
Koshinage
Kokyu ho

2. KYU

1. SUWARI WAZA:

Ryokata dori: Ikkyo
Shomen uchi: Jiu waza
Chudan tsuki: Kotegaeshi
Jodan tsuki: Ikkyo

2. HAMMI HANDACHI WAZA:

Gyaku hammi katate dori: Iriminage
 Kotegaeshi
 Sumi otoshi
Ryote dori: Shihonage

3. TACHI WAZA:

Muna dori: Ikkyo
 Nikyo
 Uchi kaiten sankyo
 Shihonage

Katate ryote dori :

Kokyu ho
 Shihonage
 Kotegaeshi

Yokomen uchi :

Nikyo
 Sankyo
 Yonkyo
 Gokyo
 Koshinage
 Kokyunage

Chudan tsuki:

Jiu waza

Kata dori menuchi:

Ikkyo
 Iriminage
 Shihonage
 Kotegaeshi

4. USHIRO WAZA:

Ryote dori: Kokyunage
 Juji garami nage

Ryokata dori:

Ikkyo
 Nikyo
 Sankyo
 Kotegaeshi
 Kokyu ho (naname)
 Kokyunage

Ryohiji dori:

Kokyu ho (naname)

Eri dori menuchi:

Kotegaeshi
 Ikkyo
 Shihonage
 Kotegaeshi

5. BUKI WAZA:

Tanto dori: Tsuki jiu waza
Jo dori: Jo nage

6. TANINZU GAKE:

Ni nin gake

1. KYU

1. SUWARI WAZA:

Ryokata dori: Nikyo
Kata dori menuchi: Ikkyo
Shomen uchi: Jiu waza
Yokomen uchi: Ikkyo
 Iriminage

2. HAMMI HANDACHI WAZA

Gyaku hammi katate dori: Jiu waza
Ryote dori: Kokyunage
Ushiro ryokata dori: Ikkyo

Sankyo
 Kotegaeshi
 Kokyunage
 Iriminage

Shomen uchi:

3. TACHI WAZA:

Ryokata dori: Ikkyo
 Nikyo
 Tenchinage

Shomen uchi:

Jiu waza
 Ikkyo
 Nikyo
 Sankyo
 Yonkyo
 Iriminage
 Shihonage
 Kotegaeshi
 Koshinage
 Ushiro kiriotoshi

Muna dori menuchi:

Ikkyo
 Koshinage
 Udekimenage
 Koshinage
 Iriminage

Kata dori menuchi:

Mae geri:

4. USHIRO WAZA:

Ryote dori: Jiu waza
Ryokata dori: Jiu waza
Katate dori kubi shime: Ikkyo

Nikyo
 Sankyo
 Shihonage
 Kotegaeshi
 Kokyunage

Eri dori menuchi:

Nikyo
 Sankyo
 Iriminage

5. BUKI WAZA:

Tanto dori:
Tsuki: Jiu waza
Shomen uchi: Gokyo
Yokomen uchi: Gokyo

Jo dori:

Tsuki: Jiu waza
Jo nage: Jiu waza

6. TANINZU GAKE:

San nin gake