

6o KYU - ROKKYU

- UKEMI (Mae, Ushiro)
- IKKYO-UNDO (Mae, Ushiro)
- SHIKKO (Mae)
- TAISABAKI (Irimitenkan, Tenkan, Kaiten)

Tachiwaza:

- SHOMENUCHI Iriminage (ura)
- AIHANMIKATATEDORI - Ikkyo
- KATATEDORI (Gyakuhanmi) - Taino-tenkan-ho, shihonage

Suwariwaza:

- RYOTEDORI - Kokyoho

5o KYU - GOKKYU

- TOBIKOSHI-UKEMI
- IKKYO-UNDO (Shiho)
- SHIKKO (Mae, Ushiro)
- BOKKEN KIHON (1-4)
- Συμπεριλαμβάνεται το 6 KYU

Tachiwaza:

- RYOTEDORI - Tenchinage
- AIHANMIKATATEDORI - Kotegaeshi (ura)
- SHOMENUCHI - Ikkyo
- KATATEDORI - Kaitennage, nikyo
- KATADORI - Ikkyo
- KATATERYOTEDORI - Kokyonage

Suwariwaza:

- SHOMENUCHI - Iriminage (ura)

4o KYU - YONKYU

- IKKYO-UNDO (Happo)
- SHIKKO (Kaiten)
- BOKKEN kihon (1-7)
- JO KIHON (1-10 hidari)
- Συμπεριλαμβάνεται το 5 KYU

Suwariwaza:

- SHOMENUCHI - Ikkyo

Tachiwaza:

- CHUDAN-TSUKI - Kotegaeshi (ura)
- RYOTEDORI - Kokyonage
- YOKOMENUCHI - Shihonage, Ikkyo
- KATATERYOTEDORI - Ikkyo
- KATATEDORI - Ikkyo, Nikyo, Uchikaitennage, sotokaitennage, Kokyoho
- KATADORI - Sankyo

3ο KYU - SANKYU

- JO KIHON (20 φόρμες, hidari/migi)
- Συμπεριλαμβάνεται το 4 KYU

Suwariwaza:

- SHOMENUCHI - Ikkyo, Nikyo
- KATADORI - Ikkyo

Hanmi-Handachiwaza:

- KATATEDORI - Shihonage, Kaitennage

Tachiwaza:

- KATATERYOTEDORI - Iriminage, Kotegaeshi
- CHUDAN-TSUKI - Ikkyo
- SHOMENUCHI - Ikkyo, Nikkyo, Sankyo, Yonkyo, kokyonage
- KATADORI - Yonkyo
- YOKOMENUCHI - Iriminage, Udekiminage, kokyonage, Nikkyo
- KATATEDORI - Koshinage (δύο τρόποι)

Ushirowaza(στατικά):

- RYOTEDORI - Ikkyo, Kokyonage

2ο KYU - NIKYU

- BOKKEN UCHIKOMI (hanmi, zengo, shiho, happo)
- BOKKEN UCHIKOMI TSUKI (hanmi, zengo, shiho, happo)
- BOKKEN UCHIKOMI FUMIKOMI TSUKI (hanmi, zengo, shiho, happo)
- 13 no JO (hidari/migi)
- Συμπεριλαμβάνεται το 3 KYU

Suwariwaza:

- SHOMENUCHI - Sankyo, Yonkyo, Gokyo
- YOKOMENUCHI - Iriminage

Hanmi-Handachiwaza:

- RYOTEDORI - Shihonage
- SHOMENUCHI - Iriminage, Nikyo
- TSUKI - Kotegaeshi (ura)

Tachiwaza:

- KATADORI-MENUCHI - Ikkyo
- KATATEDORI - Hijikimeosae, Kaitenosae
- KATADORI - Kokyonage
- MUNADORI - Shihonage
- YOKOMENUCHI - Nikkyo, Gokyo
- TSUKI - Iriminage, Kaitennage, Shihonage
- RYOTEDORI - Yonkyo
- KATATERYOTEDORI - Kokyoho

Ushirowaza(στατικά):

- RYOTEDORI - Kotegaeshi
- RYOKATADORI - Kokyonage, Ikkyo
- KATATE-KUBIJIME - Kokyonage

1ο KYU - IKKYU

- JO KIHON (Βήμα μπροστά πίσω με εναλλαγή πλευρών)
- 22 no JO (hidari/migi)
- 31 no JO (hidari/migi)
- Συμπεριλαμβάνεται το 2 KYU

Suwariwaza:

- KATADORI-MENUCHI - yonkyo
- SHOMENUCHI - Jiyuwaza

Hanmi-Handachiwaza:

- YOKOMENUCHI - Nikkyo
- KATATEDORI - Ikkyo
- USHIRO-RYOKATADORI - Kokyonage, Kotegaeshi, Sankyō

Tachiwaza:

- MUNADORI - Uchikaitensankyō
- KATADORI-MENUCHI - Shihonage, Kotegaeshi
- KATATEDORI - Jiyuwaza
- SHOMENUCHI - Koshinage
- YOKOMENUCHI - Jujigame, Jiyuwaza
- TSUKI - Ushirokirotoshi, Jiyuwaza

Ushirowaza(στατικά):

- ERIDORI - Ikkyo
- RYOHIJIDORI - Kotegaeshi
- USHIRO-KAKAE - Kokyonage
- KATATE-KUBIJIME - Sankyō, Koshinage
- RYOTEDORI - Jujigame, Shihonage