

6. KYU

TACHIWAZA			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
Katatetori Aihanmi	3	Ikkyo Omote	
	4	Ikkyo Ura	
Katatetori Gyakuhanmi	5	Shihonage Omote	
	6	Shihonage Ura	
Ryotetori	7	Tenchinage	
	8	Genkeikokyunage	

5. KYU

TACHIWAZA			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Sumiotoshi	
	6	Uchikaitennage	
Katatetori Aihanmi	7	Ikkyo Omote	
	8	Ikkyo Ura	
	9	Nikyo Omote	
	10	Nikyo Ura	
	11	Iriminage	
	12	Kotegaeshi	
Katatetori Gyakuhanmi	13	Shihonage Omote	
	14	Shihonage Ura	
	15	Tenchinage	
	16	Genkeikokyunage	
	17	Uchikaitennage	
	18	Sotokaitennage	
Ryotetori	19	Tenchinage	
	20	Genkeikokyunage	
	21	Shihonage Omote	
	22	Shihonage Ura	
Chudantsuki	23	Ikkyo (Gokyo)	Uchisabaki
	24	Kotegaeshi	Sotosabaki

4. KYU

SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote	
	2	Ikkyo Ura	
TACHIWAZA			
Shomenuchi Kiawase	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Nikyo Omote	
	6	Nikyo Ura	
	7	Ikkyo Ura	Kakarigeiko (2 Uke)
Katatetori Aihanmi	8	Shihonage Omote	
	9	Shihonage Ura	
	10	Iriminage	
	11	Kotegaeshi	
	12	Udekimenage	
	13	Uchikaitennage	
Katatetori Gyakuhanmi	14	Ikkyo Omote	
	15	Ikkyo Ura	
	16	Kotegaeshi	
	17	Iriminage	
Ryotetori	18	Shihonage Omote	
	19	Shihonage Ura	
	20	Tenchinage	
	21	Genkeikokyunage	
	22	Udekimenage	
	23	Kiriotoshi (Chinshin)	
Katate Ryotetori	24	Udekimenage	
	25	Kotegaeshi	Kigata
Ushiro Ryotetori	26	Kotegaeshi	
	27	Shihonage	
Katatori Menuchi	28	Kotegaeshi	
	29	Shihonage	
Yokomenuchi	30	Shihonage	
	31	Iriminage	
	32	Kotegaeshi	

3. KYU

SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Nikyo Omote/Ura	
	3	Iriminage	do Osae
Katatetori Gyakuhanmi	4	Shihonage	Hanmi Hantachi
TACHIWAZA			
Shomenuchi Kiawase	5	Iriminage	
	6	Kotegaeshi	
	7	Sumiotoshi	
	8	Aikigoshi	
	9	Shihonage	
	10	Udekimenage	
	11	Uchikaitennage	
	12	Ikkyo Ura	Kakarigeiko (3 Uke)
Katatetori Aihanmi	13	Ikkyo Omote/Ura	
	14	Nikyo Omote/Ura	
	15	Sankyo Omote/Ura	
	16	Shihonage	
	17	UchikaitenSankyo	
Katatetori Gyakuhanmi	18	Uchikaitensankyo	
Ryotetori	19	Shihogirikokyunage	Irimi Tenkan Sabaki
	20	TorifuneKokyunage	Irimi Tenkan Sabaki
Katate Ryotetori	21	Genkeikokyunage	Tanren Tenkan Sabaki
	22	Kiritoshi	Kigata
	23	Maeotoshi	
	24	Hikiotoshi	
	25	Kotegaeshi	Kigata
Ushiro Ryotetori	26	Tenchinage	
	27	Genkeikokyunage	
Katatori Menuchi	28	Iriminage	
	29	Ikkyo	
Yokomenuchi	30	Kotegaeshi	Ushiroashi Irimi Tenkan
	31	Ikkyo	Kiritoshi
	32	Ipponseoi	Sankakutai

2. KYU

SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Sankyo Omote/Ura	
	3	Kotegaeshi	do Osae
TACHIWAZA			
Shomenuchi Kiawase (Uke: Maeashi Irimi Shomenuchi)	4	Iriminage	základ a variácia (teória Kotegaeshi)
	5	Kotegaeshi	základ a variácia (teória Iriminage)
	6	Sumiotoshi	základ a variácia
	7	Ikkyogoshi	z Ikkyo Kuzushi
	8	Shihonage	do Osae
	9	Ikkyo Ura	Taninzutori
Katatetori Aihanmi	10	Iriminage	Tenkan Sabaki z Ikkyo Kuzushi Renraku- henka- Waza
	11	Kotegaeshi	
	12	Nikyo Ura – Kotegaeshi	
	13	Sankyo	
Katatetori Gyakuhanmi	14	Sankyo	
Ryotetori	15	Kotegaeshi	Ushiroashi Irimi Tenkan a Maeashi Irimi Tenkan
	16	Iriminage	
Katate Ryotetori	17	Kaitenotoshi	
	18	Kotegaeshi	Tanren základ a variácia
	19	Iriminage	
Ushiro Ryotetori	20	Ikkyo	
	21	Nikyo	
	22	Shihonage	Karami Osae
Katatori Menuchi	23	Kotegaeshi	2 formy: doľava a doprava
	24	Shihonage	
	25	Genkeikokyunage	
Chudantsuki	26	Hijikime Osae Omote/Ura	
	27	Iriminage	
Yokomenuchi	28	Udekimenage	Ushiroashi Irimi Tenkan Makiotoshi
	29	Kotegaeshi	
	30	Jiyuwaza	
Shomenuchi Kiawase	31	Ikkyo až Yonkyo	1. Maeashi Irimi: Omote 2.Ushiroashi Irimi: Ura
Chudantsuki	32	Ikkyo až Yonkyo	Ushiroashi Irimi Tenkan Tenshin: iba Omote

1. KYU

SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Yonkyo Omote/Ura	
		Gyakuyonkyo Omote/Ura	
	3	Udegarami	do Osae
TACHIWAZA			
Shomenuchi	4	Iriminage	1. Tori: Ushiroashi Irimi Tenkan Sabaki, Postavenie stále pravé alebo stále ľavé 2. Uke: útok pravou alebo ľavou
	5	Kotegaeshi	1. Sankakutai Sabaki 2. Ura Sankakutai Sabaki (Hitoemi Sabaki)
	6	Aikiotoshi	Maeotoshi, Ushirootoshi
	7	Sankyogoshi	z Ikkyo Kuzushi
	8	Shihonage	1. základ 2. variácia
	9	Iriminage	Taninzutori
Katatetori Aihanmi	10	Ikkyo Omote	Nikyo- a Sankyo-Kuzushi
	11	Aikigoshi a Kaitennage	Irimi Tenkan Sabaki
Katatetori Gyakuhanmi	12	Aikigoshi a Kaitennage	Tenkan Sabaki
Ryotetori	13	Shihonage	rôzne
	14	Tenchinage	
	15	Genkeikokyunage	
Katate Ryotetori	16	Jyujigarami	
	17	Jyujigarami --- Kotegaeshi Jyujigarami --- Iriminage	Renrakuhenka-Waza
	18	Kokyunage	rôzne formy s Ushiroashi Irimi Tenkan Sabaki
Ushiro Ryotetori	19	Sankyo	
	20	Yonkyo	
	21	Jyujigarami	
Katatori Menuchi	22	Ikkyo	Tenkan Tenshin 2 formy: doprava – doľava
	23	Iriminage	
	24	Tenchinage	
Chudantsuki	25	Sotokaitennage	(Udegarami-Nikyo Ura-Osae)
	26	Udegarami Sankyonage	(teória Sankyo)
	27	Udegarami Yonkyonage	(teória Yonkyo)
Yokomenuchi	28	Shihonage	Ushiroashi Irimi Tenkan Kiriotoshi Sabaki
	29	Iriminage	
	30	Jiyuwaza	
Chudantsuki	31	Ikkyo až Yonkyo	1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Maeashi Irimi: Ura
Katatetori Aihanmi	32	Ikkyo až Yonkyo	Maeashi Irimi: Omote

1. DAN

SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo až Yonkyo Omote/Ura	
	2	Jiyuwaza	
TACHIWAZA			
Shomenuchi Kiawase	3	Iriminage a Tenchinage (variácia)	
	4	Kotegaeshi	základ a variácia, padanie
	5	Aikigoshi	základ a variácia, Hikitsuke
	6	Sumiotoshi	základ a variácia
	7	Udegarami	Nageosae
Shomenuchi	8	Jiyuwaza	
Katatetori Aihanmi	9	Ikkyo	1. Ushiroashi Irimi Tenkan Tenshin: Ura 2. Tenkan Tenshin: Omote
Katatetori Gyakuhanmi	10	Ikkyo	1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura
Katatetori Aihanmi	11	Iriminage a Kotegaeshi	Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	12	Iriminage a Kotegaeshi	Jodan Sabaki
Katatetori Aihanmi	13	Jiyuwaza	
Katatetori Gyakuhanmi	14	Jiyuwaza	
Ryotetori	15	Kokyunage	1. Nentenmakiotoshi 2. Makiotoshi 3. iné
Ryo Eritori	16	Kokyunage	Taninzutori
Katate Ryotetori	17	Shihonage	1. Tanren, Tenkan Tenshin Sabaki: 1. Jyujimusubi 2. Tekubigaeshi 2. Karamiosae, Tenkan Tenshin Sabaki 1. Kamihanen Sa. 2. Shimohanen Sa. (Tori: postavené stále pravá vpredu alebo ľavá vpredu, technika na obe strany)
	18	Jiyuwaza	
Ushiro Ryotetori	19	Chinshin Kokyunage	
	20	Koshinage	
	21	Kotegaeshi	rôzne
	22	Jiyuwaza	
Katatori Menuchi	23	Ikkyo	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura 3. Tenkan Tenshin Uchinote: Omote 4. Tenkan Tenshin Katanote: Omote
	24	Jiyuwaza	Tenkan Tenshin Sabaki
Chudantsuki	25	Uchikaitensankyo	Ura Sabaki
	26	Shihonage	Omote Sabaki
	27	Jiyuwaza	
Yokomenuchi	28	Teguruma	
	29	Shihonage	1. Tori: Maeashi Tenkan, Mikiri Sabaki, potom Ushiroashi Irimi Tenkan 2. Uke: útok pravou-ľavou alebo pravou-pravou (Gyaku-Yokomenuchi)
	30	Kotegaeshi	
	31 A	Ikkyo až Gokyo	1. Ushiroashi Irimi Tenkan, Tatakiotoshi: Omote 2. Maeashi Irimi Irimi, Tatakiotoshi: Ura
		ALEBO:	
Shomenuchi	31 B	Ikkyo až Gokyo	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura
Tanto	32	Tantotori	

2. DAN

TACHIWAZA			
Ushiro Ryotetori	1	Ikkyo až Yonkyo	1. Tenshin Maeashi Irimi: Omote 2. Tenshin Maeashi Irimi: Ura
Shomenuchi	2	Seoiguruma a Ipponseoi	
	3	Chinshin Kurumagaeshi a Aikiotoshi	
	4	Koshiguruma a Aikigoshi	
	5	Jiyuwaza	
	6	Ikkyo	1. Tori: postavenie stále pravá alebo ľavá vpredu, Maeashi Irimi Irimi Sabaki 2. Uke: voľný útok
	7	Kotegaeshi a Ikkyo	Tori: Ushiroashi Irimi Tenkan Sabaki
Shomenuchi Kiawase	8	Jiyuwaza	
Katatetori Aihanmi	9	Yonkyogoshi a Aikigoshi	Tenkan Tenshin Sabaki a Irimi Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	10	Makiotoshi Koshinage a Aikigoshi	Irimi Tenkan Sabaki a Tenkan Tenshin Sabaki
Katatetori Aihanmi	11	Iriminage a Shihonage	Ushiroashi Irimi Tenkan Tenshin, Jodan Sabaki (pre Gyakuhanmi: Tekubigaeshi)
Katatetori Gyakuhanmi	12	Iriminage a Shihonage	
	13	Kokyunage	rôzne
Katatetori Aihanmi	14	Jiyuwaza	
Ryotetori	15	Iriminage a Kotegaeshi	s rôznym Taisabaki
	16	Jiyuwaza	
Katate Ryotetori	17	Jyujigarami	Nage a Osae
	18	Udekimenage, potom rôzne Kokyunage	
Ushiro Ryokatatori	19	Koshinage	Tenshin Maeashi Irimi a Tenshin Ushiroashi Irimi
	20	Genkeikokyunage	Jodan- a Chudan-Kuzushi
	21	Ikkyo, potom Jiyuwaza	
Ushiro Ryotetori	22	Jiyuwaza	
Katatori Menuchi	23	všetky 4 základné techniky	(Ikkyo, Kotegaeshi, Iriminage, Shihonage)
	24	Tenchinage a Genkeikokyunage	
Chudantsuki	25	Iriminage a Kubijime	
	26	Ikkyo --- Kotegaeshi	Renrakuhenka-Waza
	27	Tenchinage, Genkeikokyunage	Taninzutori
Yokomenuchi	28	Shihonage a Ikkyo	1. Ushiroashi Irimi Tenkan, Tatakiotoshi 2. Maeashi Irimi, Chudan Kuzushi
	29	Iriminage a Kotegaeshi	1. Maeashi Irimi, Jodan Kuzushi 2. Ainuke
	30	Jiyuwaza	
	31	Ikkyo až Yonkyo	1. Ushiroashi Irimi Tenkan Tenshin, Tatakiotoshi: Omote 2. Maeashi Irimi, Ukenagashi: Ura
Tachi (Bokken)	32	Tachitori	

3. DAN

TACHIWAZA			
Katatori Menuchi	1	Ikkyo až Yonkyo	1. Tenkan Tenshin, Uchinote: Omote 2. Tenkan Tenshin, Katanote: Omote
Shomenuchi	2	Koshiguruma a Chinshin Koshiguruma	
	3	Seoiguruma a Chinshin Handachi Seoiguruma	
	4	Ipponseoinage a Teguruma	
	5	Jiyuwaza	
Katatetori Aihanmi	6	Shihonage	Tenkan Tenshin Sabaki, Kamihanen a Shimohanen
	7	Kotegaeshi a Iriminage	rôzne
Katatetori Gyakuhanmi	8	Jiyuwaza	
Ryotetori	9	Jyujimusubi Shihonage	rôzne
	10	Tekubigaeshi Shihonage	rôzne
	11	Torifune Kokyunage	potom iné Kokyunage
Munetori	12	Hijikime Osae	potom Jiyuwaza
Katate Ryotetori	13	Genkeikokyunage	Irimi Ashi, Tenshin Ashi, Tenkan Ashi
	14	KaitenKokyunage	Futaritori
	15	Shihonage	
	16	Karamiosae (teória Ikkyo až Yonkyo)	
	17	Futaritori iné	
Ushiro Ryotetori	18	Tenchinage a Genkeikokyunage	1. Tenshin Maeashi Irimi, Jodan a Chudan 2. Tenshin Ushiroashi Irimi, Jodan a Chudan
Ushiro Kubijime	19	Shihonage a Sankyo	
	20	Jiyuwaza	
Katatori Menuchi	21	Kokyunage	rôzne
	22	Jiyuwaza	
Chudantsuki	23	Iriminage a Kiritoshi	
	24	Tenchinage a Genkeikokyunage	
	25	Jiyuwaza	
Yokomenuchi	26	Iriminage a Kotegaeshi	1. Ushiroashi Irimi Tenkan, Tatakiotoshi 2. Maeashi Irimi, Chudan Kuzushi
	27	Shihonage a Ikkyo	1. Maeashi Irimi, Jodan Kuzushi 2. Ainuke
	28	Shihonage , Kotegaeshi, iné	1. Tori: Maeashi Irimi Tenkan, Mikiri Sabaki, potom Jiyuwaza 2. Uke: útok pravou-lavou alebo pravou- pravou (Gyaku-Yokomenuchi)
	29	Jiyuwaza	Taninzutori
Katatetori Aihanmi	30	Ikkyo až Yonkyo	1. Tenkan Tenshin: Omote 2. Irimi Tenkan Tenshin: Ura
Katatetori Gyakuhanmi	31	Ikkyo až Yonkyo	1. Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura
Buki	32	Bukitori	(Tantotori, Tachitori, Jotori a Josabaki)

4. DAN

TACHIWAZA			
Yokomenuchi	1	Ikkyo až Yonkyo	Omote, Ura Ushiroashi Irimi Tenkan, Kiriotoshi
Shomenuchi Kiawase	2	Ikkyogoshi až Yonkyogoshi	Renrakuhenka-Waza
	3	Iriminage, Tenchinage, Kubijime	
	4	Kotegaeshi, Genkeikokyunage, Udehisigi	
	5	Shihonage , Udekimenage, Udekimekoshinage	
	6	Ikkyo, Udegaraminage, Gyaku-Hijikimeosae	pre Udegaraminage: teória Sankyo
Jodantsuki	7	Jiyuwaza	
Katatetori Gyakuhanmi	8	Shihonage , FurizukiKokyunage alebo Kokyunage	1. Tori: Tenkan Tenshin Sabaki 2. Uke: normálně --- Shihonage tlačenie --- FurizukiKokyunage blokácia --- Kokyunage
Katatetori Aihanmi	9	Ikkyo	Ikkyo- až Yonkyo-Kuzushi (Ikkyo Ura, tri rôzne Ikkyo Omote)
	10	Ikkyo, Iriminage	Renrakuhenka-Waza, Tenkan Sabaki (Kamihanen, Shimohanen)
	11	Jiyuwaza	
Katatetori Gyakuhanmi	12	Jiyuwaza	
Ryotetori	13	Tenchinage, Genkeikokyunage	rôzne, potom Jiyuwaza
Ryoeritori	14	KaitenKokyunage	potom Jiyuwaza
	15	Yonintori	potom Taninzutori
Katate Ryotetori	16	Kotegaeshi	Kigata, Tanren: Kamihanen, Shimohanen (Tori sa točí stále na rovnakú stranu, technika doprava a doľava)
	17	Iriminage	
	18	Kokyunage	rôzne
	19	Futaritori Jiyuwaza	Tanren, Kigata
Ushiro Ryokatatori	20	Chinshin Kokyunage	
	21	Iriminage, Kotegaeshi, Shihonage , Ikkyo	
	22	Genkeikokyunage	
Ushiro Hijitori	23	Jiyuwaza	
Katatori Menuchi	24	Jiyuwaza	1. Maeashi Irimi 2. Ushiroashi Irimi 3. Tenkan Tenshin
Chudantsuki	25	Ikkyo, Hijikimeosae, Uchikaiten Sankyo, Shihonage , Udegarami	vně alebo uvnitř
	26	Taninzutori	s Furizuki Kokyunage, Tenchinage, Genkeikokyunage
Yokomenuchi	27	Kotegaeshi Ikkyo Teguruma Ipponseoinage	Maeashi Irimi (Hitoemi) Maeashi Irimi (Sankakutai) Ushiroashi Irimi (Hitoemi) Ushiroashi Irimi (Sankakutai)
	28	Shihonage , Ikkyo	Ainuke
	29	Jiyuwaza	
Katate Ryotetori	30	Ikkyo až Yonkyo	Tenkan Tenshin Kamihanen: Omote Shimohanen: Ura
Tachi	31	Tachitori	
	32	Aikiken	