

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) 24 Kotegaeshi	Uchisabaki 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 Kiriotoshi Kigata
23 Maeotoshi
24 Hikiotoshi
25 Kotegaeshi Kigata

Ushiro Ryotetori

26 Tenchinage
27 Genkeikokyunage

Katatori Menuchi

28 Iriminage
29 Ikkyo

Yokomenuchi

30 Kotegaeshi
31 Ikkyo
32 Ipponseoi

Ushiroashi Irimi Tenkan
Kirioroshi
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 Bazna i varijante (Teorija Kotegaeshi)
5 Kotegaeshi Baza i Varijante (Teorija Iriminage)
6 Sumiotoshi Baza i Varijante
7 Ikkyogoshi Iz Ikkyo kuzushi
8 Shihonage do Osae
9 Ikkyo Ura Taninzutori

Katatetori Aihanmi

10 Iriminage
11 Kotegaeshi
12 Nikyo Ura - Kotegaeshi
13 Sankyo

Tenkan Sabaki, iz Ikkyo Kuzushi

Renrakuhenka-Waza

Katatetori Gyakuhanmi

14 Sankyo

Ryotetori

15 Kotegaeshi
16 Iriminage

Ushiroashi Irimi Tenkan i
Maeashi Irimi Tenkan

Katate Ryotetori

17 Kaitenotoshi
18 Kotegaeshi
19 Iriminage

Tanren
Bazna i Varijacije

Ushiro Ryotetori

20 Ikkyo
21 Nikyo
22 Shihonage Karami Osae

Katatori Menuchi

23 Kotegaeshi
24 Shihonage
25 Genkeikokyunage

2 Forme, lijeva i desna

Chudantsuki

26 Hijikime Osae Omote / Ura
27 Iriminage

Yokomenuchi

28 Udekimenage
29 Kotegaeshi
30 Jiyuwaza

Ushiroashi Irimi Tenkan
Makiotoshi

Shomenuchi Kiawase

31 Ikkyo do Yonkyo

1.Maeashi Irimi: Omote
2.Ushiroashi Irimi: Ura

Chudantsuki

32 Ikkyo do Yonkyo

Ushiroashi Irimi Tenkan Tenshin:
Omote

1.KYU

Suwariwaza

Shomenuchi Kiawase

1 Ikkyo Omote / Ura
2 Yonkyo Omote/ Ura
3 Gyakuyonkyo Omote / Ura
4 Udegarami do Osae

Tachiwaza

Shomenuchi

5 Iriminage
6 Kotegaeshi
7 Aikiotoshi Maeotoshi, Ushirootoshi
8 Sankyogoshi Iz Ikkyo Kuzushi
9 Shihonage Baza i Varijacije
10 Iriminage Taninzutori

1.Tori:Ushiroashi Irimi Tenkan Sabaki,
Stav uvijek desni ili uvijek lijevi
2.Uke:Napad desnom ili lijevom rukom
1.Sankakutai Sabaki
2.Ura Sankakutai Sabaki
(Hitoemi Sabaki)

Katatetori Aihanmi

11 Ikkyo Omote Nikyo- i Sankyo- Kuzushi
12 Aikigoshi i Kaitennage

Irimi Tenkan Sabaki

Katatetori Gyakuhanmi

13 Aikigoshi i Kaitennage

Tenkan Sabaki

Ryotetori

14 Shihonage
15 Tenchinage
16 Genkeikokyunage

Varijacije

Katate Ryotetori

17 Jyujigarami
18 Jyujigarami---Kotegaeshi
Jyujigarami---Iriminage
19 Kokyunage Varijante

Renrakuhenka-Waza

Ushiroashi Irimi Tenkan Sabaki

Ushiro Ryotetori

20 Sankyo
21 Yonkyo
22 Jyujigarami

Katatori Menuchi

23 Ikkyo
24 Iriminage
25 Tenchinage

Tenkan Tenshin
2 Forme, desna - lijeva

Chudantsuki

26 Soto Kaitennage Udegarami- Nikyo Ura- Osae
27 Udegarami Sankyonage Teorija Sankyo
28 Udegarami Yonkyonage Teorija Yonkyo

Yokomenuchi

29 Shihonage
30 Iriminage
31 Jiyuwaza

Ushiroashi Irimi Tenkan
Kirioroshi Sabaki

Shomenuchi Kiawase

31 Ikkyo do Yonkyo

1.Maeashi Irimi: Omote
2.Ushiroashi Irimi: Ura

Chudantsuki

32 Ikkyo do Yonkyo

1.Ushiroashi Irimi Tenkan Tenshin:
Omote
2.Maeashi Irimi: Ura

Katatetori Aihanmi

33 Ikkyo do Yonkyo

Maeashi Irimi: Omote

1.DAN

Suwariwaza

Shomenuchi Kiawase	1 Ikkyo do Yonkyo Omote / Ura 2 Jiyuwaza	
Tachiwaza		
Shomenuchi Kiawase	3 Iriminage i Tenchinage 4 Kotegaeshi 5 Aikigoshi 6 Sumiotoshi 7 Udegarami	Varijacije Osnova i Varijacije, padovi Osnova i Varijacije, Hikitsuke Osnova i Varijacije 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 i Kotegaeshi	Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	12 Iriminage i Kotegaeshi	Jodan Sabaki
Katatetori Aihanmi	13 Jiyuwaza	
Katatetori Gyakuhanmi	14 Jiyuwaza	
Ryotetori	15 Kokyunage	1.Nentenmakiotoshi 2.Makiotoshi 3.Ostalo
Ryo Eritori	16 Kokyunage	Taninzutori
Katate Ryotetori	17 Shihonage 18 Jiyuwaza	1.Tanren,Tenkan Tenshin Sabaki: 1.Jyujimusubi 2.Tekubigaeshi 2.Karamiosae,Tenkan Tenshin Sabaki: 3.Kamihanen Sa. 4.Shimohanen Sa. (Tori: Stav uvijek desni ili uvijek lijevi sprijeda, Tehnika na obje strane
Ushiro Ryotetori	19 Chinshin Kokyunage 20 Koshinage 21 Kotegaeshi Varijante 22 Jiyuwaza	
Katatori Menuchi	23 Ikkyo 24 Jiyuwaza	1.Maeashi Irimi: Omote 2.Ushiroashi Irimi Tenkan: Ura 3.Tenkan Tenshin Uchinote: Omote 4.Tenkan Tenshin Katanote: Omote Tenkan Tenshin Sabaki
Chudantsuki	25 Uchikaitensankyo 26 Shihonage 27 Jiyuwaza	Ura Sabaki Omote Sabaki
Yokomenuchi	28 Teguruma 29 Shihonage 30 Kotegaeshi 31 Ikkyo do Gokyo	1.Tori: Maeashi Tenkan, Mikiri Sabaki, zatim Ushiroashi Irimi Tenkan 2.Uke: Yokomenuchi,Gyaku-Yokomenuchi, Napada desnom - lijevo i desnom – desno 1.UshiroashiIrimi Tenkan,Tatakiotoshi: Omote 2.Maeashi Irimi Irimi,Tatakiotoshi: Ura
Shomenuchi	32 Ikkyo do Gokyo	1.Maeashi Irimi: Omote 2.Ushiroashi Irimi Tenkan: Ura
Tanto	33 Tantotori	

2.DAN

Tachiwaza

Ushiro Ryotetori	1 Ikkyo do Yonkyo	1. Tenshin Maeashi Irimi: Omote 2. Tenshin Maeashi Irimi: Ura
Shomenuchi	2 Seoiguruma i Ipponseoi 3 Chinshin Kurumagaeshi i Aikiotoshi 4 Koshiguruma i Aikigoshi 5 Jiyuwaza 6 Ikkyo 7 Kotegaeshi i Ikkyo	1.Tori: Stav uvijek desni ili uvijek lijevi spijeda, Maeashi Irimi Irimi Sabaki 2.Uke: Napada slobodno Tori: Ushiroashi Irimi Tenkan Sabaki
Shomenuchi Kiawase	8 Jiyuwaza	
Katatetori Aihanmi	9 Yonkyogoshi i Aikigoshi	Tenkan Tenshin Sabaki i Irimi Tenkan Tenshin Sabaki
Katatetori Gyakuhanmi	10 Makiotoshi Koshinage i Aikigoshi	Irimi Tenkan Sabaki i Tenkan Tenshin Sabaki
Katatetori Aihanmi	11 Iriminage i Kotegaeshi	Ushiroashi Irimi Tenkan Tenshin, Jodan Sabaki (za Gyakuhanmi: Tekubigaeshi)
Katatetori Gyakuhanmi	12 Iriminage i Kotegaeshi 13 Kokyunage	Razne varijacije
Katatetori Aihanmi	14 Jiyuwaza	
Ryotetori	15 Iriminage i Kotegaeshi 16 Jiyuwaza	Taisabaki varijacije
Katate Ryotetori	17 Jyujigarami Nage i Osae 18 Udekimenage, zatim varijante Kokyunage	
Ushiro Ryokatatori	19 Koshinage 20 Genkeikokyunage Jodan- i Chudan- Kuzushi 21 Ikkyo, zatim Jiyuwaza	Tenshin Maeashi Irimi i Tenshin Ushiroashi Irimi
Ushiro Ryotetori	22 Jiyuwaza	
Katatori Menuchi	23 4 Bazne Tehnike 24 Tenchinage i Genkeikokyunage	Ikkyo, Kotegaeshi, Iriminage, Shihonage
Chudantsuki	25 Iriminage i Kubijime 26 Ikkyo --- Kotegaeshi Renrakuhenka-Waza 27 Tenchinage i Genkeikokyunage	Taninzutori
Yokomenuchi	28 Shihonage i Ikkyo 29 Iriminage i Kotegaeshi 30 Jiyuwaza 31 Ikkyo do Yonkyo	1.UshiroashiIrimi Tenkan, Tatakiotoshi 2.Maeashi Irimi, Chudan Kuzushi 1. Maeashi Irimi, Jodan Kuzushi 2. Ainuke 1.Ushiroashi Irimi Tenkan Tenshin, Tatakiotoshi: Omote 2.Maeashi Irimi, Ukenagashi: Ura
Tachi (Boken)	32 Tachitori	Tachi i Odrane od bokena

3.DAN

Tachiwaza

Katatori Menuchi	1 Ikkyo do Yonkyo	1.Tenkan Tenshin, Uchinote: Omote 2.Tenkan Tenshin, Katanote: Omote
Shomenuchi	2 Koshiguruma i Chinshin Koshiguruma 3 Seoiguruma i Chinshin Handachi Seoiguruma 4 Ipponseoinage i Teguruma 5 Jiyuwaza	
Katatetori Aihanmi	6 Shihonage 7 Kotegaeshi i Iriminage	Tenkan Tenshin Sabaki, Kamihanen i Shimohanen Varijacije
Katatetori Gyakuhanmi	8 Jiyuwaza	
Ryotetori	9 Jyujimusubi Shihonage 10 Tekubigaeshi Shihonage 11 Torifunekokyunage	Varijacije Varijacije Zatim Varijacije Kokyunage
Munetori	12 Hijikime Osae Zatim Jiyuwaza	
Katate Ryotetori	13 Genkeikokyunage 14 Kaitenkokyunage 15 Shihonage 16 Karamiosae 17 Futaritori Ostali	Irimi Ashi, Tenshin Ashi, Tenkan Ashi Futaritori (Teorija Ikkyo do Yonkyo)
Ushiro Ryotetori	18 Tenchinage i Genkeikokyunage	1.Tenshin Maeashi Irimi, Jodan i Chudan 2.Tenshin Ushiroashi Irimi, Jodan i Chudan
Ushiro Kubijime	19 Shihonage i Sankyo 20 Jiyuwaza	
Katatori Menuchi	21 Kokyunage Varijante 22 Jiyuwaza	
Chudantsuki	23 Iriminage i Kiriotoshi 24 Tenchinage i Genkeikokyunage 25 Jiyuwaza	
Yokomenuchi	26 Iriminage i Kotegaeshi 27 Shihonage i Ikkyo 28 Shihonage, Kotegaeshi, Ostalo 29 Jiyuwaza	1.UshiroashiIrimi Tenkan, Tatakiotoshi 2.Maeashi Irimi, Chudan Kuzushi 1.Maeashi Irimi, Jodan Kuzushi 2.Ainuke 1.Tori:MaeashiIrimi,Tenkan,MikiriSabaki zatim Jiyuwaza 2.Uke: Napada desnom - lijevo i desnom – desno (Gyaku-Yokomenuchi) Taninzutori
Katatetori Aihanmi	30 Ikkyo do Yonkyo	1.Tenkan Tenshin: Omote 2.Irimi Tenkan Tenshin: Ura
Katatetori Gyakuhanmi	31 Ikkyo do Yonkyo	1.Irimi Tenkan Tenshin: Omote 2.Tenkan Tenshin: Ura
Buki	32 Bukitori	Tantotori, Tachitori, Jotori i Josabaki

4.DAN

Tachiwaza

Yokomenuchi	1 Ikkyo do Yonkyo	Omote, Ura Ushiroashi Irimi Tenkan, Kirioroshi
Shomenuchi Kiawase	2 Ikkyogoshi do Yonkyogoshi 3 Iriminage, Tenchinage, Kubijime 4 Kotegaeshi, Genkeikokyunage, Udehishigi 5 Shihonage, Udekimenage, Udekimekoshinage 6 Ikkyo, Udegaraminage,	Renrakuhenka-Waza Za Udegaraminage: Teorija Sankyo Gyaku-Hijikimeosae
Jodantsuki	7 Jiyuwaza	
Katatetori Gyakuhanmi	8 Shihonage, Furizukikokyunage ili Kokyunage	1.Tori: Tenkan Tenshin Sabaki 2.Uke: Normalno – Shihonage Vuče -- Furizukikokyunage Blokira -- Kokyunage
Katatetori Aihanmi	9 Ikkyo Ikkyo- do Yonkyo- Kuzushi 10 Ikkyo, Iriminage Renrakuhenka-Waza 11 Jiyuwaza	Ikkyo Ura, tri varijante Ikkyo Omote Tenkan Sabaki(Kamihanen, Shimohanen)
Katatetori Gyakuhanmi	12 Jiyuwaza	
Ryotetori	13 Tenchinage, Genkeikokyunage	Varijacije, zatim Jiyuwaza
Ryoeritori	14 Kaitenkokyunage Zatim Jiyuwaza 15 Yonintori Zatim Taninzutori	
Katate Ryotetori	16 Kotegaeshi 17 Iriminage 18 Kokyunage 19 Futaritori Jiyuwaza	Kigata, Tanren: Kamihanen, Shimohanen (Tori okreće uvijek istu stranu, Tehnika desno i lijevo) Varijacije 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 26 Taninzutori Sa Furizuki Kokyunage, Tenchinage, Genkeikokyunage	Izvana ili iznutra
Yokomenuchi	27 Kotegaeshi Ikkyo Teguruma Ipponseoinage 28 Shihonage, Ikkyo Ainuke 29 Jiyuwaza	Maeashi Irimi (Hitoemi) Maeashi Irimi (Sankakutai) Ushiroashi Irimi (Hitoemi) Ushiroashi Irimi (Sankakutai)
Katate Ryotetori	30 Ikkyo do Yonkyo , Tenkan Tenshin	Kamihanen: Omote Shimohanen: Ura
Tachi	31 Tachitori 32 Aikiken	