

## 6 kyu (by attack)

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### Basic Exercises

Irimi Tenkan  
Mae Ukemi  
Shikko Mae  
Tai No Tenkan  
Ushiro Ukemi

### Suwaru Waza

Ryote Dori      Seiza Kokyu Ho

### Tachi Waza

Aihanmi      Ikkyo  
Katate Dori  
  
Katate Dori      Tai No Tenkan Ho  
Ryote Dori      Tenshi Nage

## 6 kyu (by technique)

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### Basic Exercises

Mae Ukemi  
Ushiro Ukemi  
Shikko Mae  
Tai No Tenkan  
Irimi Tenkan

### Suwaru Waza

Seiza Kokyu Ho      Ryote Dori

### Tachi Waza

Ikkyo      Aihanmi  
Katate Dori  
  
Tai No      Katate Dori  
Tenkan Ho  
  
Tenshi Nage      Ryote Dori

## 5 kyu (by attack)

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### Basic Exercises

Ikkyo Undo  
Irimi Tenkan Ikkyo Undo  
Shikko Ushiro  
Shomen Uchi Ikkyo Undo

### Tachi Waza

|             |             |
|-------------|-------------|
| Aihanmi     | Shiho Nage  |
| Katate Dori | Irimi Nage  |
| Katate Dori | Tenshi Nage |
|             | Kokyu Nage  |
| Shomen Uchi | Ikkyo       |
|             | Irimi Nage  |

## 5 kyu (by technique)

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### Basic Exercises

Shomen Uchi Ikkyo Undo  
Shikko Ushiro  
Ikkyo Undo  
Irimi Tenkan Ikkyo Undo

### Tachi Waza

|             |                     |
|-------------|---------------------|
| Ikkyo       | Shomen Uchi         |
| Irimi Nage  | Aihanmi Katate Dori |
|             | Shomen Uchi         |
| Kokyu Nage  | Katate Dori         |
| Shiho Nage  | Aihanmi Katate Dori |
| Tenshi Nage | Katate Dori         |

## 4 kyu (by attack)

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### Basic Exercises

Shikko Kaiten

### Suvari Waza

Aihanmi Katate Dori Ikkyo  
Irimi Nage

Shomen Uchi Ikkyo  
Irimi Nage

### Tachi Waza

Aihanmi Katate Dori Nikyo  
Sankyo  
Kote Gaeshi  
Udekime Nage

Kata Dori Ikkyo  
Nikyo

Katate Dori Ikkyo  
Nikyo  
Kokyu Ho  
Udekime Nage  
Uchi Kaiten Nage  
Irimi Nage  
Kote Gaeshi

Ryote Dori Tenshi Nage

Shomen Uchi Kote Gaeshi

Ushiro Ryote Dori Sankyo

Yokomen Uchi Shiho Nage  
Udekime Nage

## 4 kyu (by technique)

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### Basic Exercises

Shikko Kaiten

### Suvari Waza

Ikkyo Aihanmi Katate Dori  
Shomen Uchi

Irimi Nage Aihanmi Katate Dori  
Shomen Uchi

### Tachi Waza

Ikkyo Katate Dori  
Kata Dori

Irimi Nage Katate Dori

Kokyu Ho Katate Dori

Kote Gaeshi Aihanmi Katate Dori  
Katate Dori  
Shomen Uchi

Nikyo Aihanmi Katate Dori  
Katate Dori  
Kata Dori

Sankyo Aihanmi Katate Dori  
Ushiro Ryote Dori

Shiho Nage Yokomen Uchi

Tenshi Nage Ryote Dori

Uchi Kaiten Nage Katate Dori

Udekime Nage Aihanmi Katate Dori  
Katate Dori  
Yokomen Uchi

# 3 kyu (by attack)

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## Hanmi Handachi Waza

|             |                                |
|-------------|--------------------------------|
| Katate Dori | Shiho Nage<br>Uchi Kaiten Nage |
|-------------|--------------------------------|

|             |            |
|-------------|------------|
| Shomen Uchi | Irimi Nage |
|-------------|------------|

## Jiyu Waza (Katate Dori)

## Suwari Waza

|             |                                |
|-------------|--------------------------------|
| Kata Dori   | Ikkyo<br>Nikyo                 |
| Katate Dori | Ikkyo<br>Nikyo                 |
| Shomen Uchi | Nikyo<br>Sankyo<br>Kote Gaeshi |

## Tachi Waza

|             |                              |
|-------------|------------------------------|
| Katate Dori | Soto Kaiten Nage<br>Kokyu Ho |
|-------------|------------------------------|

|                   |                                                                         |
|-------------------|-------------------------------------------------------------------------|
| Katate Ryote Dori | Ikkyo<br>Nikyo<br>Kote Gaeshi<br>Udekime Nage<br>Kokyu Ho<br>Kokyu Nage |
|-------------------|-------------------------------------------------------------------------|

|            |                     |
|------------|---------------------|
| Ryote Dori | Ikkyo<br>Shiho Nage |
|------------|---------------------|

|             |                 |
|-------------|-----------------|
| Shomen Uchi | Nikyo<br>Sankyo |
|-------------|-----------------|

|                   |                                                                           |
|-------------------|---------------------------------------------------------------------------|
| Yonkyo            |                                                                           |
| Ushiro Ryote Dori | Ikkyo<br>Nikyo<br>Kote Gaeshi<br>Shiho Nage<br>Irimi Nage<br>Udekime Nage |

|              |                                                                 |
|--------------|-----------------------------------------------------------------|
| Yokomen Uchi | Ikkyo<br>Nikyo<br>Sankyo<br>Yonkyo<br>Irimi Nage<br>Kote Gaeshi |
|--------------|-----------------------------------------------------------------|

# 3 kyu (by technique)

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## Hanmi Handachi Waza

|                  |             |
|------------------|-------------|
| Irimi Nage       | Shomen Uchi |
| Shiho Nage       | Katate Dori |
| Uchi Kaiten Nage | Katate Dori |

## Tachi Waza

|       |                   |
|-------|-------------------|
| Ikkyo | Katate Ryote Dori |
|       | Ryote Dori        |
|       | Ushiro Ryote Dori |
|       | Yokomen Uchi      |

## Jiyu Waza (Katate Dori)

|            |                   |
|------------|-------------------|
| Irimi Nage | Ushiro Ryote Dori |
|            | Yokomen Uchi      |

## Suwari Waza

|             |             |
|-------------|-------------|
| Ikkyo       | Katate Dori |
|             | Kata Dori   |
| Kote Gaeshi | Shomen Uchi |
| Nikyo       | Katate Dori |
|             | Kata Dori   |
|             | Shomen Uchi |
| Sankyo      | Shomen Uchi |

|                  |                   |
|------------------|-------------------|
| Kokyu Ho         | Katate Dori       |
|                  | Katate Ryote Dori |
| Kokyu Nage       | Katate Ryote Dori |
| Kote Gaeshi      | Katate Ryote Dori |
|                  | Ushiro Ryote Dori |
|                  | Yokomen Uchi      |
| Nikyo            | Katate Ryote Dori |
|                  | Ushiro Ryote Dori |
|                  | Shomen Uchi       |
|                  | Yokomen Uchi      |
| Sankyo           | Shomen Uchi       |
|                  | Yokomen Uchi      |
| Shiho Nage       | Ryote Dori        |
|                  | Ushiro Ryote Dori |
| Soto Kaiten Nage | Katate Dori       |
| Udekime Nage     | Katate Ryote Dori |
|                  | Ushiro Ryote Dori |
| Yonkyo           | Shomen Uchi       |
|                  | Yokomen Uchi      |

## 2 kyu (by attack)

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### Hanmi Handachi Waza

|             |                           |
|-------------|---------------------------|
| Katate Dori | Soto Kaiten Nage<br>Ikkyo |
| Ryote Dori  | Shiho Nage                |

### Suwari Waza

|              |                           |
|--------------|---------------------------|
| Katate Dori  | Kote Gaeshi<br>Irimi Nage |
| Yokomen Uchi | Gokyo<br>Irimi Nage       |

### Tachi Waza

|                         |                                                                     |
|-------------------------|---------------------------------------------------------------------|
| Aihanmi<br>Katate Dori  | Koshi Nage                                                          |
| Chudan Tsuki            | Irimi Nage                                                          |
| Jodan Tsuki             | Hiji Kime Osae                                                      |
| Kata Dori               | Sankyo                                                              |
| Kata Dori Menuchi       | Ikkyo<br>Nikyo<br>Sankyo<br>Kote Gaeshi<br>Irimi Nage<br>Shiho Nage |
| Katate Dori             | Sankyo<br>Sumi Otoshi                                               |
| Katate Ryote Dori       | Irimi Nage                                                          |
| Ryote Dori              | Kote Gaeshi<br>Irimi Nage                                           |
| Shomen Uchi             | Shiho Nage<br>Uchi Kaiten Nage<br>Soto Kaiten Nage<br>Jiyu Waza     |
| Ushiro Ryo<br>Kata Dori | Ikkyo<br>Nikyo<br>Sankyo<br>Kokyu Ho<br>Aiki Otoshi                 |
| Ushiro Ryote Dori       | Juji Garami                                                         |
| Yokomen Uchi            | Gokyo                                                               |

## 2 kyu (by technique)

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### Hanmi Handachi Waza

|                  |             |
|------------------|-------------|
| Ikkyo            | Katate Dori |
| Shiho Nage       | Ryote Dori  |
| Soto Kaiten Nage | Katate Dori |

### Suwari Waza

|             |                             |
|-------------|-----------------------------|
| Gokyo       | Yokomen Uchi                |
| Irimi Nage  | Katate Dori<br>Yokomen Uchi |
| Kote Gaeshi | Katate Dori                 |

### Tachi Waza

|                |                                           |
|----------------|-------------------------------------------|
| Aiki Otoshi    | Ushiro Ryo Kata Dori                      |
| Gokyo          | Yokomen Uchi                              |
| Hiji Kime Osae | Jodan Tsuki                               |
| Ikkyo          | Kata Dori Menuchi<br>Ushiro Ryo Kata Dori |

|            |                                                                      |
|------------|----------------------------------------------------------------------|
| Irimi Nage | Ryote Dori<br>Katate Ryote Dori<br>Kata Dori Menuchi<br>Chudan Tsuki |
|------------|----------------------------------------------------------------------|

|             |                      |
|-------------|----------------------|
| Jiyu Waza   | Shomen Uchi          |
| Juji Garami | Ushiro Ryote Dori    |
| Kokyu Ho    | Ushiro Ryo Kata Dori |
| Koshi Nage  | Aihanmi Katate Dori  |

|             |                                 |
|-------------|---------------------------------|
| Kote Gaeshi | Ryote Dori<br>Kata Dori Menuchi |
|-------------|---------------------------------|

|       |                                           |
|-------|-------------------------------------------|
| Nikyo | Kata Dori Menuchi<br>Ushiro Ryo Kata Dori |
|-------|-------------------------------------------|

|        |                                                                       |
|--------|-----------------------------------------------------------------------|
| Sankyo | Katate Dori<br>Kata Dori<br>Kata Dori Menuchi<br>Ushiro Ryo Kata Dori |
|--------|-----------------------------------------------------------------------|

|            |                                  |
|------------|----------------------------------|
| Shiho Nage | Kata Dori Menuchi<br>Shomen Uchi |
|------------|----------------------------------|

|                  |             |
|------------------|-------------|
| Soto Kaiten Nage | Shomen Uchi |
|------------------|-------------|

|             |             |
|-------------|-------------|
| Sumi Otoshi | Katate Dori |
|-------------|-------------|

|                  |             |
|------------------|-------------|
| Uchi Kaiten Nage | Shomen Uchi |
|------------------|-------------|

# 1 kyu (by attack)

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## Hanmi Handachi Waza

|            |             |
|------------|-------------|
| Ushiro Ryo | Kokyu Nage  |
| Kata Dori  | Kote Gaeshi |
|            | Sankyo      |

## Jiyu Waza

|           |      |
|-----------|------|
| Tori Waza | Jiyu |
| Uchi Waza | Jiyu |

## Tachi Waza

|              |             |
|--------------|-------------|
| Chudan Tsuki | Nikyo       |
|              | Sankyo      |
|              | Kote Gaeshi |

|             |            |
|-------------|------------|
| Jodan Tsuki | Ikkyo      |
|             | Nikyo      |
|             | Sankyo     |
|             | Shiho Nage |

|             |            |
|-------------|------------|
| Katate Dori | Koshi Nage |
|-------------|------------|

|                   |             |
|-------------------|-------------|
| Katate Ryote Dori | Juji Garami |
|-------------------|-------------|

|          |          |
|----------|----------|
| Mae Geri | Kokyu Ho |
|----------|----------|

|              |      |
|--------------|------|
| Mawashi Geri | Osae |
|--------------|------|

|           |            |
|-----------|------------|
| Muna Dori | Shiho Nage |
|-----------|------------|

|               |            |
|---------------|------------|
| Ryo Kata Dori | Ikkyo      |
|               | Kokyu Ho   |
|               | Kokyu Nage |

|             |            |
|-------------|------------|
| Shomen Uchi | Gokyo      |
|             | Koshi Nage |

|                 |             |
|-----------------|-------------|
| Ushiro Eri Dori | Ikkyo       |
|                 | Kote Gaeshi |
|                 | Shiho Nage  |

|                |            |
|----------------|------------|
| Ushiro Katate  | Shiho Nage |
| Dori Kubeshime | Koshi Nage |

# 1 kyu (by technique)

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## Hanmi Handachi Waza

|             |                      |
|-------------|----------------------|
| Kokyu Nage  | Ushiro Ryo Kata Dori |
| Kote Gaeshi | Ushiro Ryo Kata Dori |
| Sankyo      | Ushiro Ryo Kata Dori |

## Jiyu Waza

|      |                        |
|------|------------------------|
| Jiyu | Tori Waza<br>Uchi Waza |
|------|------------------------|

## Tachi Waza

|             |                                                                                |
|-------------|--------------------------------------------------------------------------------|
| Gokyo       | Shomen Uchi                                                                    |
| Ikkyo       | Ryo Kata Dori<br>Jodan Tsuki<br>Ushiro Eri Dori                                |
| Juji Garami | Katate Ryote Dori                                                              |
| Kokyu Ho    | Ryo Kata Dori<br>Mae Geri                                                      |
| Kokyu Nage  | Ryo Kata Dori                                                                  |
| Koshi Nage  | Katate Dori<br>Shomen Uchi<br>Ushiro Katate<br>Dori Kubeshime                  |
| Kote Gaeshi | Chudan Tsuki<br>Ushiro Eri Dori                                                |
| Nikyo       | Chudan Tsuki<br>Jodan Tsuki                                                    |
| Osae        | Mawashi Geri                                                                   |
| Sankyo      | Chudan Tsuki<br>Jodan Tsuki                                                    |
| Shiho Nage  | Jodan Tsuki<br>Muna Dori<br>Ushiro Eri Dori<br>Ushiro Katate<br>Dori Kubeshime |