

## 六級 (6 kyuu)

### Taisabaki

|             |                    |
|-------------|--------------------|
| ukemi       | <i>mae, ushiro</i> |
| ikkyou undo | <i>mae, ushiro</i> |
| shikkou     | <i>mae</i>         |

### Tachiwaza

|                    |                                      |
|--------------------|--------------------------------------|
| shoumenuchi        | <i>iriminage</i>                     |
| aihanmi katatedori | <i>ikkyou</i>                        |
| katatedori         | <i>tai no tenkan hou, shihounage</i> |

### Suwariwaza

|            |                   |
|------------|-------------------|
| ryoutedori | <i>kokyuu hou</i> |
|------------|-------------------|

## 五級 (5 kyuu)

### Taisabaki

|                 |                    |
|-----------------|--------------------|
| tobikoshi ukemi |                    |
| ikkyou undo     | <i>shihou</i>      |
| shikkou         | <i>mae, ushiro</i> |

### Tachiwaza

|                    |                   |
|--------------------|-------------------|
| roytedori          | <i>tenchinage</i> |
| aihanmi katatedori | <i>kotegaeshi</i> |
| katatedori         | <i>kaitennage</i> |
| katadori           | <i>nikkyou</i>    |
| katate ryoutedori  | <i>kokyuunage</i> |

### Suwariwaza

|            |                   |
|------------|-------------------|
| ryoutedori | <i>kokyuu hou</i> |
|------------|-------------------|

## 四級 (4 kyuu)

### Taisabaki

|             |               |
|-------------|---------------|
| ikkyou undo | <i>happou</i> |
| shikkou     | <i>kaiten</i> |

### Bukiwaza

|              |  |
|--------------|--|
| bokken kihon |  |
|--------------|--|

### Suwariwaza

|             |                  |
|-------------|------------------|
| shoumenuchi | <i>iriminage</i> |
|-------------|------------------|

### Tachiwaza

|                   |   |
|-------------------|---|
| chuudan tsuki     | <i>kotegaeshi</i>                               |
| ryoutedori        | <i>kokyuunage</i>                               |
| yokomenuchi       | <i>shihounage, ikkyou</i>                       |
| katate ryoutedori | <i>ikkyou</i>                                   |
| katadori          | <i>sankyou</i>                                  |
| katatedori        | <i>ikkyou, uchi kaitennage, soto kaitennage</i> |

## 三級 (3 kyuu)

### Bukiwaza

|           |  |
|-----------|--|
| jou kihon |  |
|-----------|--|

### Suwariwaza

|             |                |
|-------------|----------------|
| shoumenuchi | <i>ikkyou</i>  |
| katadori    | <i>nikkyou</i> |

### Hanmi-handachiwaza

|            |                               |
|------------|-------------------------------|
| katatedori | <i>shihounage, kaitennage</i> |
|------------|-------------------------------|

### Tachiwaza

|               |   |
|---------------|---|
| katate        |   |
| ryoutedori    | <i>iriminage, kotegaeshi</i>                            |
| chuudan tsuki | <i>ikkyou</i>   |
| shoumenuchi   | <i>ikkyou, nikkyou, sankyou, yonkyou, kokyuunage</i>    |
| katadori      | <i>yonkyou</i>  |
| yokomenuchi   | <i>iriminage, udekiminage, kokyuunage, nikkyou</i>      |
| maegeri       | <i>tai no tenkan hou, kokyuu hou, ikkyou, jiyuuwaza</i> |

### Ushiwaza

|            |                           |
|------------|---------------------------|
| ryoutedori | <i>ikkyou, kokyuunage</i> |
|------------|---------------------------|

## 二級 (2 kyuu)

### Bukiwaza

|                          |                                     |
|--------------------------|-------------------------------------|
| bokken uchikomi          | <i>hanmi, zengo, shihou, happou</i> |
| bokken uchikomi tsuki    | <i>hanmi, zengo, shihou, happou</i> |
| bokken uchikomi fumikomi | <i>hanmi, zengo, shihou, happou</i> |
| tsuki                    | <i>happou</i>                       |

### Suwariwaza

|             |                                 |
|-------------|---------------------------------|
| shoumenuchi | <i>sankyou, yonkyou, gokyuu</i> |
| yokomenuchi | <i>iriminage</i>                |

### Hanmi-handachiwaza

|             |                           |
|-------------|---------------------------|
| ryoutedori  | <i>shihounage</i>         |
| shoumenuchi | <i>iriminage, nikkyou</i> |
| tsuki       | <i>kotegaeshi</i>         |

### Tachiwaza

|                  |  |
|------------------|--|
| katadori menuchi | <i>ikkyou</i>                            |
| katatedori       | <i>koshinage, jiyuuwaza</i>              |
| katadori         | <i>kokyuunage</i>                        |
| munadori         | <i>shihounage</i>                        |
| yokomenuchi      | <i>nikkyou, gokyuu</i>                   |
| tsuki            | <i>iriminage, kaitennage, shihounage</i> |
| ryoutedori       | <i>yonkyou</i>                           |
| shoumenuchi      | <i>jiyuuwaza</i>                         |
| mawashigeri      | <i>kokyuu hou, ikkyou, jiyuuwaza</i>     |

### Ushiwaza

|                 |                   |
|-----------------|-------------------|
| ryoutedori      | <i>kotegaeshi</i> |
| ryoukatadori    | <i>sankyou</i>    |
| katate kubijime | <i>kokyuunage</i> |

## 一級 (1 kyuu)

### Bukiwaza

|                |  |
|----------------|--|
| 13 jou no kata |  |
| 22 jou no kata |  |
| 31 jou no kata |  |

### Suwariwaza

|                  |                  |
|------------------|------------------|
| katadori menuchi | <i>yonkyou</i>   |
| shoumenuchi      | <i>jiyuuwaza</i> |

### Hanmi-handachiwaza

|                     |  |
|---------------------|--|
| yokomenuchi         | <i>nikkyou</i>                         |
| katatedori          | <i>ikkyou, jiyuuwaza</i>               |
| ushiro ryoukatadori | <i>kokyuunage, kotegaeshi, sankyou</i> |

### Tachiwaza

|                  |                                      |
|------------------|--------------------------------------|
| munadori         | <i>uchi kaiten sankyou</i>           |
| katadori menuchi | <i>shihounage, kotegaeshi</i>        |
| shoumenuchi      | <i>koshinage</i>                     |
| yokomenuchi      | <i>juujigarami, jiyuuwaza</i>        |
| tsuki            | <i>ushiro kiri-otoshi, jiyuuwaza</i> |
| yokogeri         | <i>kokyuu hou, ikkyou, jiyuuwaza</i> |

### Ushiwaza

|                 |                                |
|-----------------|--------------------------------|
| eridori         | <i>ikkyou</i>                  |
| ryouhijidori    | <i>kotegaeshi</i>              |
| ushiro kakae    | <i>kokyuunage</i>              |
| katate kubijime | <i>sankyou, koshinage</i>      |
| ryoutedori      | <i>juujigarami, shihounage</i> |