

kamoku

kyu 3 (goho)

1. ryusui geri (ushiro ryusui)
2. tenshin geri
3. uchi uke zuki
4. uwa uke zuki
5. uwa uke geri
6. shita uke geri

kyu 3 (juho: nuki waza)

1. kote nuki [uraken, chudan zuki]
2. katate yori nuki
3. katate maki nuki
4. tsuki nuki (soto, uchi)
5. kiri nuki (soto, uchi)
6. juji nuki (katate)
7. oshi nuki (katate)

kyu 3 (juho: gyaku waza)

1. gyaku gote (mae yubi gatame)

kyu 2 (goho)

1. soto oshi uke zuki
2. kusshin zuki
3. kusshin geri
4. uchi uke geri
5. ryusui geri (mae, against shuto uchi)
6. uchi age zuki
7. uchi age geri

kyu 2 (juho: nuki waza)

1. yori nuki (ryote)
2. tsuki nuki (ryote)
3. maki nuki (ryote)
4. juji nuki (ryote)
5. gassho nuki
6. johaku nuki
7. nidan nuki
8. hiji nuki mae tembin

kyu 2 (juho: gyaku waza)

1. katate okuri dori yubi dori, ura gatame)

2. okuri gote (maki tembin)
3. johaku dori & johaku maki
4. sei juji gote (katate)
5. gyaku gote (ura gaeshi, ura gatame)

kyu 1 (goho)

1. soto uke zuki
2. soto uke geri
3. uchi oshi uke geri
4. furi ten ni
5. harai uke geri
6. juji-uke geri
7. tsuki ten ichi

kyu 1 (juho: nuki waza)

1. hiki nuki (ryote)
2. juji nuki (morote)
3. morote oshi nuki (for gyaku tembin)
4. tsuki nuki (morote)
5. oshi kiri nuki
6. eri nuki
7. kiri kaeshi nuki
8. sankaku nuki

kyu 1 (juho: gyaku waza)

1. juji gote (ryote)
2. juji gote (morote)
3. ude maki
4. ryaku juji gote
5. ryote okuri gote (from: yori nuki, maki nuki, tsuki nuki)
6. oshi gote (katate)
7. kata muna otoshi

dan 1 (goho)

1. tsuki ten san
2. keri ten san

dan 1 (juho)

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin

5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

dan 2 (goho)

1. uchi oshi uke zuki
2. soto oshi uke zuki
3. shita uke jun geri
4. kaishin zuki
5. gedan gaeshi
6. harai uke dan zuki
7. soto uke dan zuki
8. uchi age dan zuki
9. chio ken 1 (jun, gyaku)
10. tsuki ten 2
11. kon ten 1
12. kakaritsu ken 1 (kinteki, hiza uke nami gaeshi)
13. kakaritsu ken 2 (gyaku geri, hiza uke, nami gaeshi)
14. byakuren ken 1 (tsubame gaeshi)
15. byakuren ken 2 (chidori gaeshi)

dan 2 (juho)

1. ryo muna otoshi
2. hiki muna otoshi
3. idori gyaku gote (oshi yubi gatame or yakute gatame)
4. idori okuri gote
5. idori oshi gote
6. idori uwa sode dore (uwa sode maki)
7. morote gyaku gote (tate ichiji gatame, sekoshi ichiji gatame, kumo-garami)
8. tsuri otoshi
9. okuri dori
10. tsuri-age dori
11. kote maki gaeshi

12. sode maki gaeshi
13. sode-guchi dori, sode-guchi maki
14. maki juji-gote
15. maki otoshi
16. soto maki-otoshi
17. hiki-otoshi
18. shita-uke geri, kote nage
19. ninin-nuki (two man draw)
20. ude juji, ura gassho gatame

dan 3 (goho)

1. kushin geri, ten kai ren geri
2. tanto furi age, ryusui geri (knife)
3. tanto tsuki komi, shita uke geri (knife)
4. tanto tsuki komi, kote nage (knife)
5. suigetsu gaeshi
6. mika zuki gaeshi, kari ashi
7. shita uke danzuki
8. keriten 1, sukui kubi nage
9. chio ken 2 (uchi, soto)
10. kakuritsu ken 3
11. kakuritsu ken 4
12. yoko tenshin geri (sango ken)
13. han tenshin geri (sango ken)
14. gyaku tenshin geri (sango ken)

dan 3 (juho)

1. ryu nage
2. yakute nage
3. soto maki tembin
4. gassho okuri dori
5. okuri shishi dori
6. okuri tembin dori
7. okuri maki tembin, ushiro ude gatame
8. okuri tsuki-taoshi
9. koshi-kudaki
10. okuri hiji zeme
11. uwa-uke nage
12. shikake katate-nage

13. gassho katate-nage
14. gyaku katate-nage
15. ushiro sode-dori (sode-maki)
16. ushiro eri-dori
17. yahazu nage
18. sode-juji
19. kumade gaeshi (katate, morote)
20. okuri-gassho (two types)
21. kiri-kaeshi tembin
22. kiri-kaeshi maki-tembin
23. hiki-tembin
24. shita-uke kote-nage
25. kubi jime, juji nage
26. okuri eri-dori

dan 4 (extra)

1. bukkotsu nage
2. harai bukkotsu nage
3. ushiro bukkotsu nage
4. kubi jime shuho juji nage
5. kubi jime nage
6. kenjime dori
7. hangetsu geri
8. tembin nage
9. kumade gaeshi (katate & ryote)
10. okuri gaeshi (two types)
11. kannuki okuri (dori)
12. kannuki soto tembin
13. gyaku sode dori
14. gyaku sode maki
15. hangetsu kubi nage
16. osae kannuke nage (soto & uchi)
17. omote nage
18. ura nage
19. maki uchi kubi nage
20. katate nage kiri kaeshi
21. okuri kannuki gote
22. maki komi gote

23. okuri eri dori
24. ushiro eri dori
25. yahazu nage
26. ushiro kubi nage
27. ushiro sode maki (dori)
28. uwa uke se nage
29. oshi uke nage
30. oshi uke maki nage
31. gassho choji
32. gassho tsuki otoshi
33. ashi nuki (two types)
34. chudan gaeshi to uchi uke zuki
35. gedan gaeshi to tobi ren geri

dan 4 (goho)

1. fukko chi 2
2. gedan gaeshi tobi 2-ren geri
3. chudan gaeshi
4. gyakuten 1
5. hangetsu gaeshi (sukui kubi nage)
6. tai ten 1
7. chio ken 3 (jun, gyaku)
8. kakuritsu ken 5
9. hangetsu kubi nage
10. hangetsu geri

dan 4 (juho)

1. nuki uchi oshi gote
2. kiri kaeshi gote (kiri kaeshi gatame)
3. kiri kaeshi nage
4. maki komi gote
5. morote okuri gote nage
6. furisute omote-nage
7. gyaku gassho (two types)
8. gassho choji
9. gassho tsuki otoshi
10. gassho gyaku gote
11. uwa uke yakute nage
12. okuri katate nage

13. ryote katate nage
14. morote katate nage
15. bukkotsu nage
16. harai bukkotsu nage
17. maki uchi kubi nage
18. omote nage
19. ura nage
20. kubi jime nage
21. kubi jime shuho juji nage
22. ken jime dori
23. shikumi nai-tembin
24. shikumi koshi-nage
25. katauchi nage (kata guruma) – shoulder wheel
26. tembin nage (koma nage) – okuri, hiki