

**5° KYU**

	Aihanmi katate-dori	Shomen uchi	Chudan tsuki	Gyakuhanmi katate-dori	SW Kata-dori	SW Shomen
Ikkyo	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8		1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8
Nikyo		1-2-3-4 5-6-7-8				
Sankyo	1-2-3-4 5-6-7-8					
Irimi-nage	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8			
Tenchi-nage				1-2-3-4 5-6-7-8		
Kokyu-nage				1-2-3-4 5-6-7-8		
Ude kime nage				1-2-3-4 5-6-7-8		
Shiho-nage	1-2-3-4 5-6-7-8			1-2-3-4 5-6-7-8		
Kote-gaeshi	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8	1-2-3-4 5-6-7-8			
Uchi kaiten nage	1-2-3-4 5-6-7-8					
Uchi kaiten sankyo	1-2-3-4 5-6-7-8					





## 2° KYU

	Shomen uchi	Jodan tsuki	Katadori menuchi	Mae geri	Yokomen uchi	Muna dori	Eri dori	Ushiro ryo hiji dori	Katate dori kubishime	Ushiro ryo kata dori
Ikkyo										
Nikyo										
Sankyo										
Yonkyo										
Gokyo										
Irimi-nage										
Shiho-nage										
Kote-gaeshi										
Koshi-nage										
Uchi kaiten sankyo										
Juji-waza										

	SW Ryo kata dori	SW Shomen	SW Chudan tsuki	SW Jodan tsuki
Ikkyo				
Yonkyo				
Kote-gaeshi				
Soto kaiten nage				

**1º KYU**

	Shomen uchi	Chudan tsuki	Jodan tsuki	Aihanmi katate-dori	Gyakuhanmi katate-dori	Mae geri	Yokomen uchi	Muna dori menuchi	Eri dori	Ushiro ryote dori	Katate dori kubishime
Ikkyo											
Nikyo											
Sankyo											
Yonkyo											
Irimi-nage											
Ushiro kiri otoshi											
Kokyu-nage											
Koshi-nage											
Hiji kime osae											
Soto kaiten nage											
Aiki otoshi											
Sumi otoshi											
Aiki nage											
Juji-waza											

	SW Ryo kata dori	SW Shomen	SW Katadori menuchi	HHD Katate dori	HHD Ryote dori
Ikkyo					
Sankyo					
Yonkyo					
Irimi-nage					
Shiho-nage					
Kote-gaeshi					
Uchi kaiten nage					
Kokyu nage					
Juji-waza					