

## **6e kyu**

### **Tachi Waza**

Aihanmi katatedori iriminage (omote/ura)  
Aihanmi katatedori kotegaeshi  
Aihanmi katatedori ikkyo (omote/ura)  
Aihanmi katatedori shihonage (omote/ura)  
Aihanmi katatedori uchikaitennage  
Aihanmi katatedori sankyo  
Shomenuchi iriminage  
Ukemi waza  
Shikko  
Tai sabaki  
So tai dosa  
Dojo etiquette

## **5e kyu**

### **Tachi Waza**

Shomenuchi ikkyo (omote/ura)  
Shomenuchi nikyo (omote/ura)  
Shomenuchi kotegaeshi  
Chudantsuki iriminage (omote/ura)  
Chudantsuki kotegaeshi (omote/ura)  
Katatedori shihonage (omote/ura)  
Katatedori tenchinage  
Katatedori ikkyo (omote/ura)  
Katatedori udekimenage (omote/ura)  
Katatedori kokyunage

### **Suwari Waza**

Shomenuchi ikkyo (omote/ura)  
Katadori ikkyo (omote/ura)

## **4e kyu**

### **Tachi Waza**

Shomenuchi sankyo (omote/ura)  
Shomenuchi uchikaiten sankyo  
Yokomenuchi shihonage (omote/ura)  
Yokomenuchi iriminage (omote/ura)  
Yokomenuchi tenchinage  
Yokomenuchi kotegaeshi  
Yokomenuchi udekimenage  
Chudantsuki udekimenage  
Chudantsuki hijikimeosae  
Jodantsuki ikkyo (omote/ura)  
Ryotedori shihonage (omote/ura)  
Ryotedori tenchinage  
Ryotedori udekimenage  
Ryotedori ikkyo (omote/ura)  
Katatedori nikyo (omote/ura)  
Katateryotedori kotegaeshi

### **Suwari Waza**

Shomenuchi nikyo (omote/ura)  
Katadori nikyo (omote/ura)  
Ryotedori Kokyuho

## **3e kyu**

### **Tachi Waza**

Shomenuchi yonkyo (omote/ura)  
Shomenuchi gokyo  
Yokomenuchi ikkyo (omote/ura)  
Yokomenuchi uchikaiten sankyo  
Chudantsuki sotokaitennage  
Chudantsuki uchikaiten sankyo  
Jodantsuki shihonage  
Jodantsuki kotegaeshi  
Katatedori uchikaitennage  
Katatedori sankyo (omote/ura)  
Katatedori yonkyo (omote/ura)  
Katateryotedori ikkyo (omote/ura)  
Katateryotedori nikyo (omote/ura)  
Ryotedori iriminage  
Ryotedori kotegaeshi  
Ryotedori kokyunage

### **Ushiro Waza**

Ryotedori ikkyo  
Ryotedori hijikimeosae  
Ryotedori kotegaeshi  
Ryotedori shihonage  
Ryotedori iriminage

### **Suwari Waza**

Shomenuchi iriminage  
Shomenuchi kotegaeshi  
Shomenuchi sankyo  
Katadori sankyo

## **2e kyu**

### **Tachi Waza**

Yokomenuchi nikyo (omote/ura)

Yokomenuchi sankyo

Yokomenuchi yonkyo

Yokomenuchi gokyo

Yokomenuchi koshinage

Munadori ikkyo

Munadori shihonage

Munadori uchikaiten sankyo

Katadori menuchi shihonage

Katadori menuchi kotegaeshi

Katadori menuchi iriminage

Katadori menuchi koshinage

Katadori menuchi ikkyo

Jodantsuki nikyo

Jodantsuki sankyo

### **Ushiro Waza**

Eridori ikkyo

Ryokatadori ikkyo

Ryokatadori nikyo

Ryokatadori sankyo

Ryokatadori iriminage

Ryokatadori kotegaeshi

Ryohijidori kotegaeshi

Ryohijidori iriminage

Katatedori kubishime ikkyo

### **Suwari Waza**

Shomenuchi yonkyo

Shomenuchi sotokaitennage

Ryokatadori ikkyo

Chudantsuki kotegaeshi

Jodantsuki ikkyo

### **Bokken - Jo**

Tachi suburi

Tachi tai tachi

Jo suburi

Jo dori

## **1e kyu**

### **Tachi Waza**

Munadori menuchi ikkyo  
Munadori menuchi nikyo  
Munadori menuchi koshinage  
Munadori menuchi sankyo  
Jodantsuki yonkyo  
Jodantsuki koshinage  
Jodantsuki iriminage  
Jodantsuki shihonage  
Jodantsuki sotokaitennage  
Jodantsuki ushirokiriotoshi

### **Ushiro Waza**

Ryotedori yonkyo  
Ryotedori kokyunage  
Ryotedori koshinage  
Katatedori kubishime nikyo  
Katatedori kubishime sankyo  
Eridori nikyo  
Eridori sankyo  
Eridori iriminage

### **Hanmihandachi Waza**

Katatedori shihonage (omote/ura)  
Katatedori uchikaitennage  
Katatedori ikkyo  
Ryotedori shihonage

### **Suwari Waza**

Ryokatadori sankyo  
Ryokatadori yonkyo  
Katadori menuchi iriminage  
Katadori menuchi kotegaeshi  
Katadori menuchi kokyunage

### **Taninzu-gake**

Sanningake

### **Bokken - Jo**

Bokken suburi  
Tachi tai tachi  
Tachi dori  
Jo suburi  
Jo dori  
Jo tai jo  
Sanningake (bokkenjotanto)