

6. Kyu - 5.Kyu

1. Mae Ukemi
2. Ushiro Ukemi
3. Shikko
4. Kokyu Ho.....(Suwari Waza)
5. Shomen Uchi İkkyo (Omote - Ura).....(Suwari Waza)
6. Junte Katate Tori Tekagami
7. Katate Tori Shiho Nage (Omote -Ura)
8. Shomen Uchi İrimi Nage
9. Kotsa Katate Tori Kotegaesh

5. Kyu - 4.Kyu

1. Shomen Uchi İkkyo (Omote - Ura)
2. Kata Dori Nikyo
3. Yokomen Uchi Shiho Nage
4. Shomen Uchi İrimi Nage
5. Shomen Uchi Nikyo (Omote - Ura).....(Suwari Waza)
6. Junte Katate Tori Tekagami
7. Riote Tori Tenchi Nage

4. Kyu - 3.Kyu

1. Shomen Uchi İkkyo / Nikyo / Sankyo / Yonkyo (Omote - Ura).....(Suwari Waza)
2. Riote Tori Shiho Nage (Omote - Ura)
3. Yokomen Uchi Shiho Nage (Omote - Ura)
4. Shomen Uchi İrimi Nage
5. Tsuki İrimi Nage
6. Shomen Uchi Kotegaeshi
7. Tsuki Kotegaeshi
8. Riote Tori Tenchi Nage

3. Kyu - 2.Kyu

1. Shomen Uchi İkkyo / Nikyo / Sankyo / Yonkyo (Omote - Ura).....(Suwari Waza)
2. Shomen Uchi İkkyo / Nikyo / Sankyo / Yonkyo (Omote - Ura).....(Tachi Waza)
3. Kata Dori İkkyo / Nikyo / Sankyo / Yonkyo (Omote - Ura).....(Suwari Waza)
4. Kata Dori İkkyo / Nikyo / Sankyo / Yonkyo (Omote - Ura).....(Tachi Waza)
5. Katate Tori Shiho Nage (Omote - Ura)(Hanmi Handachi)
6. Shomen Uchi İrimi Nage
7. Tsuki İrimi Nage
8. Katate Tori İrimi Nage
9. Shomen Uchi Kotegaeshi
10. Tsuki Kotegaeshi
11. Katate Tori Kotegaeshi
12. Katate Tori Kaiten Nage
13. Riote Tori Tenchi Nage
14. Katate Tori Jiu Waza

2. Kyu - 1.Kyu

- Shomen Uchi ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Suwari Waza)
- Shomen Uchi ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Tachi Waza)
- Kata Dori ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Suwari Waza)
- Kata Dori ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Tachi Waza)
- Yokomen Uchi ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Suwari Waza)
6. Yokomen Uchi ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Tachi Waza)
7. Ushiro Riote Tori ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Suwari Waza)
8. Ushiro Riote Tori ikkyo / Nikyo / Sankyo / Yonkyo
(Omote - Ura).....(Tachi Waza)
9. Yokomen Uchi Gokyo
10. Katate Tori Shiho Nage
(Omote - Ura)(Hanmi Handachi)
11. Riote Tori Shiho Nage
(Omote - Ura)(Hanmi Handachi)
12. Shomen Uchi Irimi Nage
13. Tsuki Irimi Nage
14. Katate Tori Irimi Nage
15. Shomen Uchi Kotegaeshi
16. Tsuki Kotegaeshi
17. Katate Tori Kotegaeshi
18. Shomen Uchi Kaiten Nage
19. Tsuki Kaiten Nage
20. Katate Tori Kaiten Nage
21. Riote Tori Tenchi Nage
22. Katate Tori Jiu Waza
23. Riote Tori Jiu Waza
24. Morote Tori Jiu Waza