

5° Kyu

Tecnica principale	Ryote Dori Tenchinage	
Attacchi	Katate Dori	
	Ai Hanmi Katate Dori	
	Kata Dori	
	Ryote Dori	
	Shomen Uchi	
	Yokomen Uchi	
Tai Sabaki	Irimi	
	Tenkan	
	Kaiten	
	Ayumi Ashi	
	Okuri Ashi	
	Tsugi Ashi	
	Ashi Sabaki	
	Shikko	
	4 direzioni	
Tecniche	Ai Hanmi Katate Dori	Ikkyo
		Shihonage
		Kotegaeshi
	Shomen Uchi	Iriminage
Suwari Waza	Shomen Uchi	Ikkyo
	Ryote Dori	Kokyu ho

4° Kyu

Tecnica principale	Kata Dori Nikyo	
Attacchi	Katate Ryote Dori (Morote Dori)	
	Ushiro Ryote Dori	
	Jodan Tsuki	
	Chudan Tsuki	
	Muna Dori	
	Mae Ryo Kata Dori	
Cadute	Mae Ukemi	
	Ushiro Ukemi	
Tecniche	Ai Hanmi Katate Dori	Iriminage
		Nikyo
	Katate Dori	Shihonage
		Naname Kokyu Nage
		Kokyu Nage
		Ikkyo
		Nikyo
	Kata Dori	Ikkyo
	Shomen Uchi	Ikkyo
		Nikyo
	Jodan Tsuki	Iriminage
	Ushiro Ryote Dori	Kokyu Nage
Suwari Waza	Shomen Uchi	Nikyo
	Kata Dori	Ikkyo
		Nikyo

3° Kyu

Tecnica principale	Yokomen Uchi Shihonage	
Attacchi	Kata Dori Menuchi	
	Ushiro	Katate Dori Kubishime
		Eri Dori
		Ryo Kata Dori
		Ryo Hiji Dori
Tecniche	Ai Hanmi Katate Dori	Sankyo
		Yonkyo
		Udekimenage
	Katate Dori	Uchi Kaiten Nage
		Kotegaeshi
		Sankyo
		Yonkyo
	Katate Ryote Dori	Naname Kokyu Nage
	Ryote Dori	Ikkyo
		Nikyo
		Sankyo
		Yonkyo
		Shihonage
	Shomen Uchi	Sankyo
		Yonkyo
		Kotegaeshi
	Yokomen Uchi	Ikkyo
		Nikyo
	Kata Dori Menuchi	Kotegaeshi
	Ushiro Ryote Dori	Ikkyo
	Nikyo	
Suwari Waza	Kata Dori	Sankyo
		Kotegaeshi
	Shomen Uchi	Sankyo

2° Kyu

Tecnica principale

Ushiro Ryo Kata Dori Sankyo

Tecniche

Ai Hanmi Katate Dori	Koshinage
	Kaiten Nage
Katate Dori	Soto Kaiten Nage
	Sumi Otoshi
	Iriminage
Katate Ryote Dori	Kotegaeshi
	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
Muna Dori	Shihonage
Katadori Menuchi	Shihonage
	Ikkyo
	Nikyo
Yokomen Uchi	Gokyo
	Kokyu Nage
	Iriminage
	Kotegaeshi
	Sankyo
	Yonkyo
Shomen Uchi	Gokyo
	Kaiten Nage
	Uchi Kaiten Sankyo
Jodan Tsuki	Shihonage
	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
Chudan Tsuki	Kotegaeshi
	Iriminage

Ushiro	Katate Dori Kubishime	Ikkyo
		Nikyo
	Ryo Hiji Dori	Kotegaeshi
	Ryo Kata Dori	Ikkyo
		Nikyo
	Ryote Dori	Iriminage
		Shihonage
		Kotegaeshi
		Koshinage
Suwari Waza	Shomen Uchi	Iriminage
		Ikkyo
		Nikyo
		Sankyo
		Yonkyo
		Gokyo
		Kotegaeshi
	Yokomen Uchi	Iriminage
		Ikkyo
		Nikyo
		Sankyo
		Yonkyo
		Gokyo
		Kotegaeshi
	Hanmi Handachi Waza	Katate Dori
		Soto Kaiten Nage
		Ikkyo
Ryote Dori		Shihonage

1° Kyu

Tecnica principale	Ushiro Katate Dori Kubishime Koshinage	
Tecniche	Ai Hanmi Katate Dori	Sumi Otoshi
	Katate Dori	Tenchinage
		Udekimenage
		Ude Garami
	Katate Ryote Dori	Koshinage
		Iriminage
		Udekimenage
	Mae Ryo Kata Dori	Kokyu Nage
	Muna Dori	Ikkyo
		Nikyo
	Kata Dori Menuchi	Kokyu Nage
		Iriminage
	Yokomen Uchi	Udekimenage
	Shomen Uchi	Kokyunage
		Shihonage
	Jodan Tsuki	Kaiten Nage
	Chudan Tsuki	Ikkyo
	Uchi Kaiten Sankyo	
	Kaiten Nage	
Ushiro	Katate Dori Kubishime	Sankyo
		Shihonage
	Ryo Hiji Dori	Shihonage
	Ryo Kata Dori	Yonkyo
		Kokyu Nage
		Aiki Otoshi
Eri Dori	Ikkyo	
Suwari Waza	Kata Dori	Ikkyo
		Nikyo
		Sankyo
		Kotegaeshi
	Ryote Dori	Ikkyo
		Nikyo
		Sankyo
	Ryo Kata Dori	Ikkyo
		Nikyo
	Sankyo	
Yokomen Uchi	Hiji Kime Osae	
Hanmi Handachi Waza	Katate Dori	Kokyu Nage
		Nikyo
Randori	Mae Ryo Kata Dori	Jiyu waza
	Shomen Uchi	Jiyu waza