

		SW ryote dori	SW shomen uchi	HHW gyaku hanmi katate dori	HHW ushiro waza ryote dori	TW ai hanmi katate dori	TW gyaku hanmi katate dori	TW shomen uchi	TW yokomen uchi	TW ryote dori	TW ushiro waza ryote dori	TW ushiro waza ryo kata dori	TW kata dori men uchi	TW chudan tsuki	tanto dori chudan tsuki	jo
6. Kyu		kokyu ho				ikkyo shihonage iriminage kotegaeshi										
5. Kyu		kokyu ho	ikkyo			ikkyo nikyo shihonage iriminage kotegaeshi		ikkyo shihonage kotegaeshi iriminage		tenchinage						
4. Kyu		kokyu ho	ikkyo nikyo sankyo yonkyo kotegaeshi iriminage kokyunage	ikkyo shihonage kotegaeshi		ikkyo nikyo shihonage iriminage kotegaeshi	ikkyo shihonage iriminage kotegaeshi	ikkyo nikyo shihonage kotegaeshi iriminage		tenchinage koshinage	ikkyo kokyunage			jiu waza	jiu waza	
3. Kyu		kokyu ho	ikkyo nikyo sankyo yonkyo gokyo kotegaeshi iriminage kokyunage	ikkyo nikyo shihonage iriminage kotegaeshi uchi kaiten sankyo		ikkyo nikyo shihonage iriminage kotegaeshi	ikkyo shihonage iriminage kotegaeshi	ikkyo nikyo shihonage kotegaeshi iriminage	ikkyo nikyo sankyo iriminage kotegaeshi shihonage udekime- nage	tenchinage koshinage	ikkyo kokyunage	ikkyo shihonage kokyunage		jiu waza	jiu waza	
2. Kyu		kokyu ho	ikkyo nikyo sankyo yonkyo gokyo kotegaeshi iriminage kokyunage	ikkyo nikyo shihonage iriminage kotegaeshi uchi kaiten sankyo	ikkyo shihonage kotegaeshi	ikkyo nikyo shihonage iriminage kotegaeshi	ikkyo shihonage iriminage kotegaeshi	ikkyo nikyo shihonage kotegaeshi iriminage	ikkyo nikyo sankyo iriminage kotegaeshi shihonage udekime- nage	tenchinage koshinage	ikkyo kokyunage	ikkyo shihonage kokyunage	ikkyo nikyo shihonage kotegaeshi uchikaiten age sotokaiten age	jiu waza	jiu waza	
1. Kyu		kokyu ho	ikkyo nikyo sankyo yonkyo gokyo kotegaeshi iriminage kokyunage	ikkyo nikyo shihonage iriminage kotegaeshi uchi kaiten sankyo	ikkyo shihonage kotegaeshi	ikkyo nikyo shihonage iriminage kotegaeshi	ikkyo shihonage iriminage kotegaeshi	ikkyo nikyo shihonage kotegaeshi iriminage	ikkyo nikyo sankyo iriminage kotegaeshi shihonage udekime- nage	tenchinage koshinage	ikkyo kokyunage	ikkyo shihonage kokyunage	ikkyo nikyo shihonage kotegaeshi uchikaiten nage sotokaiten nage	jiu waza	jiu waza	nage-no-jo jodori