

9-10 kyu

1. migi hamni no kamae
2. hidari hamni no kamae
3. seiza hou
4. shikkohou
5. tainohenko (1)
6. tainohenko(2)
7. hiriki no yousei (1)
8. hiriki no yousei (2)
9. Shumatsu dosa (1)
10. Shumatu dosa (2)

(all dosa is done without partner, kihon dosa is done on one side only)

5 kyu

1. migi hamni no kamae
2. hidari hamni no kamae
3. tai no henko (1)
4. tai no henko (2)
5. hiriki no yousei (1)
6. hiriki no yousei (2)
7. katate mochi nikkajou osae (1)
8. katate mochi nikkajou osae (2)
9. shomen uchi sankajou osae (1)
10. shomen uchi sankajou osae (2)
11. katate mochi sokumen iriminage (1)
12. yokomen uchi shoumen iriminage (2)
13. shumatsu dosa (1)
14. shumatsu dosa (2)

(kihon dosa is done with partners, waza is done right and left sides)

6-8 kyu

1. migi hanmi no kamae
2. hidari hanmi no kamae
3. seizahou
4. shikkohou
5. tai no henko (1)
6. tai no henko (2)
7. hiriki no yousei (1)
8. hiriki no yousei(2)
9. shumatsu dosa (1)
10. shumatsu dosa (2)
11. katate mochi shihounage (1)
12. katae mochi shihounage (2)
13. shoumen uchi ikkajou osae (1)
14. shoumen uchi ikkajou osae (2)

(kihon dosa is done without partners, waza is done right and left sides)

4 kyu

1. migihanmi no kamae
2. hidari hanmi no kamae
3. tai no henkou (1)
4. tai no henkou (2)
5. hiriki no yousei (1)
6. hiriki no yousei (2)
7. shoumen uchi yonkkajou osae (1)
8. mune mochi hijishime (2)
9. shoumen uchi kotegaeshi (2)
10. ryoute mochi tenchinage (1)
11. suwari waza ryoute mochi koukyuuhou (1)
12. shite waza
13. shumatsu dosa (1)
14. shumatsu dosa (2)

(kihon dosa is done with partners, waza is done right and left sides)

- katate mochi shihounage (1,2)
- shoumen uchi ikkajou osae (1,2)
- katate mochi nikkajou osae (1,2)
- shomen uchi sankajou osae (1,2)
- katate mochi sokumen iriminage (1)
- yokomen uchi shomen iriminage (2)

3rd-1st kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henkou (1)
4. Hiriki no yousei (1)
5. Hiriki no yousei (2)
6. Yokomen uchi shiho nage (2)
7. Suwari waza shoumen uchi sankajo osae (2)
8. Kata mochi hijishime (1)
9. Shite waza
10. Shite waza
11. Shite waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)

Shite waza

- katate mochi shihounage (1) (2)
- ryoute mochi shihounage (1) (2)
- yokomen uchi shihounage (1) (2)
- shoumen uchi ikkajou (1) (2)
- yokomen uchi ikkajou osae (1) (2)
- kata mochi ikkajou osae (1) (2)
- ushiro waza ryoute mochi ikkajou (2)
- katate mochi nikajou osae (1) (2)
- kata mochi nikajou osae (1) (2)
- shoumen uchi nikajou (1) (2)
- shoumen uchi sankajou osae (1) (2)
- Yokomen uchi sankajou osae (1) (2)
- ushiro waza ryoute mochi sankajou (1) (2)
- shoumen uchi yonkajou osae (1) (2)
- yokomen uchi yonkajou osae (1) (2)
- katate mochi sokumen iriminage (1) (2)
- kata mochi sokumen iriminage (1) (2)
- shoumen uchi shoumen iriminage (1) (2)
- yokomen uchi shoumen iriminage (1) (2)
- shoumen uchi hijishime (1) (2)
- yokomen uchi hijishime (1) (2)
- kata mochi hijishime (1) (2)
- mune mochi hijishime (1) (2)
- shoumen uchi kotegaeshi (1) (2)
- yokomen uchi kotegaeshi (2)
- ryoute mochi tenchinage (1)
- suwari waza ryoute mochi kokyuu hou (1) (2)

Shodan Syllabus

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Suwari waza katate mochi sokumen iriminage (1)
6. Yokomen uchi yonkajo osae (2)
7. Ryoute mochi tenchi nage (1)
8. Shite waza
9. Shite waza
10. Shite waza
11. Shite waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Shite jiyuu waza

Shite Jiyuu Waza

Shoumen uchi
Yokomen uchi
Katate mochi
Ryoute mochi
Shoumen tsuki

katate mochi shihounage (1) (2)
ryoute mochi shihounage (1) (2)
yokomen uchi shihounage (1) (2)
hanmi handachi katate mochi shihounage (1) (2)
hanmi handachi ryoute mochi shihounage
●shoumen uchi ikkajou (1) (2)
●yokomen uchi ikkajou osae (1) (2)
●katate mochi ikkajou osae (1) (2)
●kata mochi ikkajou osae (1) (2)
ushiro waza ryoute mochi ikkajou (1) (2)
ushiro waza katate eri mochi ikkajou osae (1) (2)
●katate mochi nikajou osae (1) (2)
●kata mochi nikajou osae (1)
●shoumen uchi nikajou (1) (2)
●yokomen uchi nikajou (1) (2)
●shoumen uchi sankajou osae (1) (2)
●yokomen uchi sankajou osae (1) (2)
●kata mochi sankajou osae (1) (2)
ushiro waza ryoute mochi sankajou (1) (2)

ushiro waza katate eri mochi sankajou (1) (2)
●shoumen uchi yonkajou osae (1) (2)
●yokomen uchi yonkajou osae (1) (2)
●katate mochi yonkajou osae (1) (2)
●katate mochi sokumen iriminage (1) (2)
●kata mochi sokumen iriminage (1) (2)
●shoumen uchi shoumen iriminage (1) (2)
●yokomen uchi shoumen iriminage (1) (2)
●shoumen uchi hijishime (1) (2)
●yokomen uchi hijishime (1) (2)
●mune mochi hijishime (1) (2)
●kata mochi hijishime (1) (2)
●katate mochi hijiate kokyuunage (1) (2)
●shoumen uchi hijiate kokyuunage (1) (2)
●yokomen uchi hijiate kokyuunage (1) (2)
●shoumen uchi kotegaeshi (1) (2)
●yokomen uchi kotegaeshi (1) (2)
●shoumen tsuki kotegaeshi (1) (2)
●ryoute mochi tenchinage (1) (2)
suwari waza ryoute mochi kokyuu hou (1) (2) (3)

Yudan Syllabus

Tai no henkou (1)
 Suwari waza ryoute mochi kokyuu hou (3)
 Ushiro waza ryohiji mochi ikkajo osae (1)
 Shite waza
 Shite waza
 Shite waza
 Shite waza
 Shumatsu dosa (1)
 Shumatsu dosa (2)
 Shite jiyuu waza
 Shite jiyuu waza
 San nin dori jiyuu waza

Shite Jiyuu Waza	
Shoumen uchi	Ushiro ryoute mochi
Yokomen uchi	Ushiro hiji mochi
Katate mochi	Ushiro kata mochi
Ryoute mochi	Tanto dori
Shoumen tsuki	Shoumen / Yokomen
Kata mochi	Ken dori
(San nin dori jiyuu waza is bokken, tantou and shoumen uchi)	
(For nidan, futari dori is tantou and shoumen uchi)	

katate mochi shihounage (1) (2)
 ryoute mochi shihounage (1) (2)
 yokomen uchi shihounage (1) (2)
 shomen uchi shihounage
 hanmi handachi katate mochi shihounage (1) (2)
 hanmi handachi ryoute mochi shihounage
 ●shoumen uchi ikkajou (1) (2)
 ●yokomen uchi ikkajou osae (1) (2)
 ●katate mochi ikkajou osae (1) (2)
 ●hiji mochi ikkajou osae (1) (2)
 ●kata mochi ikkajou osae (1) (2)
 ushiro waza ryoute mochi ikkajou (1) (2)
 ushiro waza katate eri mochi ikkajou osae (1) (2)
 ushiro waza ryohiji mochi ikkajou osae (1) (2)
 ushiro waza ryokata mochi ikkajou osae (1) (2)
 ushiro waza eri mochi ikkajou osae (1) (2)
 ●katate mochi nikajou osae (1) (2)
 ●katate aya mochi nikajou osae (1) (2)
 ●hiji mochi nikajou osae (1) (2)
 ●kata mochi nikajou osae (1) (2)
 ●mune mochi nikajou osae (1) (2)
 ●shoumen uchi nikajou osae (1) (2)
 ●yokomen uchi nikajou osae (1) (2)
 ●shoumen uchi sankajou osae (1) (2)
 ●yokomen uchi sankajou osae (1) (2)
 ●katate mochi sankajou osae (1) (2)
 ●ryoute mochi sankajou osae (1) (2)
 ●hiji mochi sankajou osae (1) (2)
 ●kata mochi sankajou osae (1) (2)
 ushiro waza ryoute mochi sankajou (1) (2)
 ushiro katate eri mochi sankajou osae (1) (2)
 ushiro ryohiji mochi sankajou osae (1) (2)
 ushiro ryokata mochi sankajou osae (1) (2)
 ushiro waza katate eri mochi sankajou (1) (2)
 ●shoumen uchi yonkajou osae (1) (2)
 ●yokomen uchi yonkajou osae (1) (2)
 ●katate mochi yonkajou osae (1) (2)
 ●ryoute mochi yonkajou osae (1) (2)

●hiji mochi yonkajou osae (1) (2)
 ●kata mochi yonkajou osae (1) (2)
 ●katate mochi sokumen iriminage (1) (2)
 ●kata mochi sokumen iriminage (1) (2)
 ●yokomen uchi sokumen iriminage (1) (2)
 ushiro ryoute mochi sokumen iriminage (1) (2)
 ushiro ryohiji mochi sokumen iriminage (1) (2)
 ushiro ryokata mochi sokumen iriminage (1) (2)
 ●shoumen uchi shoumen iriminage (1) (2)
 ●yokomen uchi shoumen iriminage (1) (2)
 ●katate mochi shoumen iriminage (1) (2)
 ●ryoute mochi shoumen iriminage (1) (2)
 ●shoumen uchi hijishime (1) (2)
 ●yokomen uchi hijishime (1) (2)
 ●katate mochi hijishime (1) (2)
 ●mune mochi hijishime (1) (2)
 ●kata mochi hijishime (1) (2)
 ushiro waza ryoute mochi hijishime (1) (2)
 ●shoumen uchi hijiate kokyuunage (1) (2)
 ●yokomen uchi hijiate kokyuunage (1) (2)
 ●katate mochi hijiate kokyuunage (1) (2)
 ●ryoute mochi hijiate kokyuunage (1) (2)
 ●shoumen tsuki hijiate kokyuunage (1) (2)
 ushiro ryoute mochi hijiate kokyuunage (1) (2)
 ●shoumen uchi kotegaeshi (1) (2)
 ●yokomen uchi kotegaeshi (1) (2)
 ●shoumen tsuki kotegaeshi (1) (2)
 ●katate mochi kotegaeshi (1) (2)
 ●ryoute mochi kotegaeshi (1) (2)
 ushiro waza ryoute mochi kotegaeshi (1) (2)
 ●ryoute mochi tenchinage (1) (2)
 shoumen uchi kokyuunage
 yokomen uchi kokyuunage
 katate mochi kokyuunage
 ryoute mochi kokyuunage
 shoumen tsuki kokyuunage
 suwari waza ryoute mochi kokyuu hou (1) (2) (3) (4) (5)