

## 0-6kyu

- 1 Hiriki no yousei iti
- 1 Hiriki no yousei ni
- 2 Shoumen uti itikajo osae iti
- 3 Katatemoti nikajo osae iti
- 4 Katatemoti sihounage iti
- 5 Ryoutemoti tentinage
- 6 Usirowaza ryoutemoti iriminage iti
- 7 (Only 6kyu) Kyu designated waza

## 5kyu-3kyu

- 1 Tai no henkou iti
- 1 Tai no henkou ni
- 2 Shoumenuti nikajo osae ni
- 3 Shoumenuti sankajo osae ni
- 4 Shoumenuti sihounage
- 5 Ganmentuki hijiosae ni
- 6 Usirowaza ryoutemoti aikinage
- 7 Kyu designated waza
- 8 Kyu designated waza

## 2kyu, 1kyu

- 1 Shuumatsu dousa iti
- 1 Shuumatsu dousa ni
- 2 Katatemoti itikajo osae iti
- 3 Usirowaza katate mae-erimoti sankajo nage
- 4 Katamoti kokyunage
- 5 Katatemoti iriminage iti
- 6 Hanmi handati sihounage sokumen
- 7 Morotemoti tai henkou kokyunage
- 8 Kyu designated waza
- 9 Kyu designated waza
- 10 Munemoti jiyuu waza

## Kyu designated waza list

- 1 Yokomen uti sihou nage
- 2 ~~Yokomen uti itikajo osae~~
- 3 Munemoti nikajo osae
- 4 Yokomenuti sankajo osae
- 5 Shoumenuti yonkajo osae
- 6 Shoumenuti shoumen iriminage
- 7 Shoumenuti hiji shime
- 8 Shoumenuti kote gaesi

## Dan designated waza

- 1 Usirowaza katate, erimoti itikajo osae iti
- 2 Katatemoti nikajo hijisime ni
- 3 Katatemoti nikajo kaiten nage ni
- 4 Sodemoti nikajo tenkan osae ni
- 5 Hijimoti nikajo osae ni
- 6 Katamoti nikajo osae ni
- 7 Suwariwaza ryoutemoti nikajo osae ni
- 8 Suwariwaza yokomenuti nikajo osae ni
- 9 Katatemoti sankajo osae kuguri
- 10 Munemoti sankajo osae iti
- 10 Munemoti sankajo osae ni
- 10 Munemoti sankajo osae kuguri
- 11 Yokomenuti utiuke sankajo osae iti
- 12 Suwariwaza yokomenuti sankajo osae ni
- 13 Yokomenuti sankajo osae iti
- 14 Usirowaza ryoutemoti sankajo osae iti
- 15 Usirodaki sankajo nage
- 16 Katamoti yokomenuti sihounage iti
- 17 Yokomenuti sihounage iti
- 18 Katamoti sokumen irimi nage iti
- 19 Shoumenuti sokumen irimi nage ni
- 20 Shoumen tuki kotekgaesi iti
- 21 Yokomenuti kotekgaesi iti

## Shodan

- 1 kihon dousa
- 1 Hiriki no yousei iti, ni
- 1 Tai no henkou iti, ni
- 1 Shuumatu dousa iti, ni
- 2 Usirowaza ryoutemoti sihou nage ni
- 3 Yokomenuti sokumen iriminage iti
- 4 Yokomenuti hijiate kokyuu nage iti
- 5 Suwariwaza yokomenuti yonkajo osae ni
- 6 Shoumentuki hijiate kokyuu nage
- 7 Usirowaza erimoti hiji sime
- 8 Shoumenuti taihenkou kouhou taosi
- 9 Suwariwaza ryoutemoti tenti nage
- 10 Dan designated waza
- 11 Dan designated waza
- 12 Designated jiyuu waza (shite, uke)
- 13 Futari tori jiyuu waza (sude, tantou)

## Nidan

- 1 Suwariwaza shoumenuti itikajo osae iti
- 2 Usirowaza ryoutemoti itikajo osae iti
- 3 Katamoti nikajo osae iti
- 4 Shoumenuti sankajo osae iti
- 5 Shoumenuti yonkajo osae iti
- 6 Hanmi hantati sihounage (application)
- 7 Shoumen tuki ude karami nage (aomuke osae)
- 8 Yokomenuti hiji katame
- 9 Dan designated waza
- 10 Dan designated waza
- 11 Designated jiyuu waza (shite, uke)
- 12 Designated jiyuu waza (shite, uke)
- 13 Sannin tori jiyuu waza (sude, tantou, tachi)

## Sandan

- 1 Suwariwaza katamoti itikajo hiji sime iti
- 2 Katate ayamoti nikajo osae ni
- 3 ~~Suwariwaza katamoti nikajo hiji shime iti~~
- 4 Katamoti sankajo osae iti
- 5 Suwariwaza shoumenuti sankajo osae ni
- 6 Yokomenuti yonkajo osae ni
- 7 Shoumentuki katate irimi tuki
- 8 Usirowaza ryohijimoti iriminage
- 9 Yokomenuti ude seoi hijiate nage
- 10 Dan designated waza
- 11 Dan designated waza
- 12 Designated jiyuu waza (shite, uke)
- 13 Designated jiyuu waza (shite, uke)
- 14 Sannin tori jiyuu waza (sude, tantou, tachi)

- 22 Erimoti hiji sime ni
- 23 Suwariwaza ryoutemoti hiji ate kokyuunage ni
- 24 Katatemoti hiji mage kouhou nage ni
- 25 ryoutemoti tai henkou kokyuu nage
- 26 Hanmi hantati sihounage shoumen

Dan designated jiyuu waza

- 1 Shoumen uti jiyuu waza
- 2 Yokomen uti jiyuu waza
- 3 Katate moti jiyuu waza
- 4 Ryoute moti jiyuu waza
- 5 Shoumen tuki jiyuu waza
- 6 Kata moti jiyuuwaza
- 7 Usirowaza ryoute moti jiyuu waza
- 8 Usirowaza ryouhiji moti jiyuu waza
- 9 Usirowaza ryoukata moti jiyuu waza
- 10 Tantou tori jiyuu waza
- 11 Tachi tori jiyuu waza