

Rokkyu No Shiken (wit)

Tachi Waza

- Aihanmi katatedori iriminage (omote/ura)
- Aihanmi katatedori kotegaeshi
- Aihanmi katatedori ikkyo (omote/ura)
- Aihanmi katatedori shihonage (omote/ura)
- Aihanmi katatedori uchikaitennage
- Aihanmi katatedori sankyo
- Shomenuchi iriminage

Ukemi waza

- Shikko
- Tai sabaki
- So tai dosa
- Dojo etiquette

Gokyu No Shiken (geel)

Tachi Waza

- Shomenuchi ikkyo (omote/ura)
- Shomenuchi nikyo (omote/ura)
- Shomenuchi kotegaeshi
- Chudantsuki iriminage (omote/ura)
- Chudantsuki kotegaeshi (omote/ura)
- Katatedori shihonage (omote/ura)
- Katatedori tenchinage
- Katatedori ikkyo (omote/ura)
- Katatedori udekimenage (omote/ura)
- Katatedori kokyunage

Suwari Waza

- Shomenuchi ikkyo (omote/ura)
- Katadori ikkyo (omote/ura)

Yonkyu No Shiken (oranje)

Tachi Waza

- Shomenuchi sankyo (omote/ura)
- Shomenuchi uchikaiten sankyo
- Yokomenuchi shihonage (omote/ura)
- Yokomenuchi iriminage (omote/ura)
- Yokomenuchi tenchinage
- Yokomenuchi kotegaeshi
- Yokomenuchi udekimenage
- Chudantsuki udekimenage
- Chudantsuki hijikimeosae
- Jodantsuki ikkyo (omote/ura)
- Ryotedori shihonage (omote/ura)
- Ryotedori tenchinage
- Ryotedori udekimenage
- Ryotedori ikkyo (omote/ura)
- Katatedori nikyo (omote/ura)
- Katateryotedori kotegaeshi

Suwari Waza

Sankyu No Shiken (groen)

Tachi Waza

- Shomenuchi yonkyo (omote/ura)
- Shomenuchi gokyo
- Yokomenuchi ikkyo (omote/ura)
- Yokomenuchi uchikaiten sankyo
- Chudantsuki sotokaitennage
- Chudantsuki uchikaiten sankyo
- Jodantsuki shihonage
- Jodantsuki kotegaeshi
- Katatedori uchikaitennage
- Katatedori sankyo (omote/ura)
- Katatedori yonkyo (omote/ura)
- Katateryotedori ikkyo (omote/ura)
- Katateryotedori nikyo (omote/ura)
- Ryotedori iriminage
- Ryotedori kotegaeshi
- Ryotedori kokyunage

Ushiro Waza

- Ryotedori ikkyo

<ul style="list-style-type: none"> • Shomenuchi nikyo (omote/ura) • Katadori nikyo (omote/ura) • Ryotedori Kokyuhō 	<ul style="list-style-type: none"> • Ryotedori hijikimeosae • Ryotedori kotegaeshi • Ryotedori shihonage • Ryotedori iriminage <p><u>Suwarī Waza</u></p> <ul style="list-style-type: none"> • Shomenuchi iriminage • Shomenuchi kotegaeshi • Shomenuchi sankyo • Katadori sankyo
<p><u>Nikyu No Shiken (blauw)</u></p> <p><u>Tachi Waza</u></p> <ul style="list-style-type: none"> • Yokomenuchi nikyo (omote/ura) • Yokomenuchi sankyo • Yokomenuchi yonkyo • Yokomenuchi gokyo • Yokomenuchi koshinage • Munadori ikkyo • Munadori shihonage • Munadori uchikaiten sankyo • Katadori menuchi shihonage • Katadori menuchi kotegaeshi • Katadori menuchi iriminage • Katadori menuchi koshinage • Katadori menuchi ikkyo • Jodantsuki nikyo • Jodantsuki sankyo • Maegeri iriminage <p><u>Ushiro Waza</u></p> <ul style="list-style-type: none"> • Eridori ikkyo • Ryokatadori ikkyo • Ryokatadori nikyo • Ryokatadori sankyo • Ryokatadori iriminage • Ryokatadori kotegaeshi • Ryohijidori kotegaeshi • Ryohijidori iriminage • Katatedori kubishime ikkyo 	<p><u>Ikkyu No Shiken (bruin)</u></p> <p><u>Tachi Waza</u></p> <ul style="list-style-type: none"> • Munadori menuchi ikkyo • Munadori menuchi nikyo • Munadori menuchi koshinage • Munadori menuchi sankyo • Jodantsuki yonkyo • Jodantsuki koshinage • Jodantsuki iriminage • Jodantsuki shihonage • Jodantsuki sotokaitennage • Jodantsuki ushirokirotoshi <p><u>Ushiro Waza</u></p> <ul style="list-style-type: none"> • Ryotedori yonkyo • Ryotedori kokyunage • Ryotedori koshinage • Katatedori kubishime nikyo • Katatedori kubishime sankyo • Eridori nikyo • Eridori sankyo • Eridori iriminage <p><u>Hanmihandachi Waza</u></p> <ul style="list-style-type: none"> • Katatedori shihonage (omote/ura) • Katatedori uchikaitennage • Katatedori ikkyo • Ryotedori shihonage

Suwari Waza

- Shomenuchi yonkyo
- Shomenuchi sotokaitennage
- Ryokatadori ikkyo
- Chudantsuki kotegaeshi
- Jodantsuki ikkyo

Bokken - Jo

- Tachi suburi
- Tachi tai tachi
- Jo suburi
- Jo dori

Suwari Waza

- Ryokatadori sankyo
- Ryokatadori yonkyo
- Katadori menuchi iriminage
- Katadori menuchi kotegaeshi
- Katadori menuchi kokyunage

Taninzu-gake

Sanningake

Bokken - Jo - Tanto

- Bokken suburi
- Tachi tai tachi
- Tachi dori
- Jo suburi
- Jo dori
- Jo tai jo

Sanningake (bokken-jo-tanto)