

Yudan

1	Tai-no-Henko (1)
2	Suwari-waza Kata-mochi Yonkajo-osae (1)
3	Shomen-geri Shomen Irimi-nage (1)
4	Shitei-waza-1
5	Shitei-waza-2
6	Shitei-waza-3
7	Shitei-waza-4
8	Shumatsu-dosa (1)
9	Shumatsu-dosa (2)
10	Renzoku-waza Nidan: Shomen-geri Sandan: Yokomen-geri Yondan: Yokomen-shomen-geri Godan: Shitei Renzoku-waza (one from Shomen-geri, Yokomen-geri, Yokomen-shomen-geri)
10	Shitei Jiyu-waza
11	Shitei Jiyu-waza
12	Sannin-dori Jiyu-waza (Toshu, Tanto, Ken) (Ninin dori with Toshu and Tanto for 2 nd Dan)

Shitei Jiyu-waza

Shomen-uchi Jiyu-waza
Yokomen-uchi Jiyu-waza
Katate-mochi Jiyu-waza
Ryote-mochi Jiyu-waza
Shomen-zuki Jiyu-waza
Kata-mochi Jiyu-waza
Shomen/Yokomen-uchi Jiyu-waza
Ushiro-Ryote Mochi Jiyu-waza
Ushiro Ryohiji-mochi Jiyu-waza
Ushiro Ryokata-mochi Jiyu-waza
Tanto-dori Jiyu-waza
Ken-dori Jiyu-waza

Yudan Shitei-waza

Katate-mochi Shiho-nage (1) (2)
 Ryote-mochi Shiho-nage (1) (2)
 Yokomen-uchi Shiho-nage (1) (2)
 Shomen-uchi Shiho-nage
 Jodan-zuki Shiho-nage
 Hanmi-handachi Katate-mochi Shiho-nage (1) (2)
 Hanmi-handachi Ryote-mochi Shiho-nage
 ◆ Shomen-uchi Ikkajo-osae (1) (2)
 ◆ Yokomen-uchi Ikkajo-osae (1) (2)
 ◆ Katate-mochi Ikkajo-osae (1) (2)
 ◆ Hiji-mochi Ikkajo-osae (1) (2)
 ◆ Kata-mochi Ikkajo-osae (1) (2)
 Jodan-zuki Ikkajo-osae
 Shomen-geri Ikkajo
 Yokomen-geri Ikkajo
 Ushiro Ryote-mochi Ikkajo-osae (1) (2)
 Ushiro Katate-eri-mochi Ikkajo-osae (1) (2)
 Ushiro Ryohiji-mochi Ikkajo-osae (1) (2)
 Ushiro Ryokata-mochi Ikkajo-osae (1) (2)
 Ushiro Eri-mochi Ikkajo-osae (1) (2)
 ◆ Katate-mochi Nikajo-osae (1) (2)
 ◆ Katate-aya-mochi Nikajo-osae (1) (2)
 ◆ Hiji-mochi Nikajo-osae (1) (2)
 ◆ Kata-mochi Nikajo-osae (1) (2)
 ◆ Mune-mochi Nikajo-osae (1) (2)
 ◆ Shomen-uchi Nikajo-osae (1) (2)
 ◆ Yokomen-uchi Nikajo-osae (1) (2)
 Jodan-zuki Nikajo-osae
 ◆ Shomen-uchi Sankajo-osae (1) (2)
 ◆ Yokomen-uchi Sankajo-osae (1) (2)
 ◆ Katate-mochi Sankajo-osae (1) (2)
 ◆ Ryote-mochi Sankajo-osae (1) (2)
 ◆ Hiji-mochi Sankajo-osae (1) (2)
 ◆ Kata-mochi Sankajo-osae (1) (2)
 Jodan-zuki Sankajo-osae
 Shomen-geri Sankajo
 Yokomen-geri Sankajo
 Ushiro Ryote-mochi Sankajo-osae (1) (2)
 Ushiro Katate-eri-mochi Sankajo-osae (1) (2)
 Ushiro Ryohiji-mochi Sankajo-osae (1) (2)
 Ushiro Ryokata-mochi Sankajo-osae (1) (2)
 ◆ Shomen-uchi Yonkajo-osae (1) (2)
 ◆ Yokomen-uchi Yonkajo-osae (1) (2)
 ◆ Katate-mochi Yonkajo-osae (1) (2)
 ◆ Ryote-mochi Yonkajo-osae (1) (2)
 ◆ Hiji-mochi Yonkajo-osae (1) (2)
 Jodan-zuki Yonkajo-osae
 Yokomen-geri Yonkajo-osae
 Shomen-geri Yonkanjo-nage
 Yokomen-geri Yonkanjo-nage

◆ Katate-mochi Sokumen Irimi-nage (1) (2)
 ◆ Kata-mochi Sokumen Irimi-nage (1) (2)
 ◆ Shomen-uchi Sokumen Irimi-nage (1) (2)
 ◆ Yokomen-uchi Sokumen Irimi-nage (1) (2)
 Jodan-zuki Sokumen Irimi-nage (1)(2)
 Shomen-geri Sokumen Irimi-nage
 Ushiro Ryote-mochi Sokumen Irimi-nage (1) (2)
 Ushiro Ryohiji-mochi Sokumen Irimi-nage (1) (2)
 Ushiro Ryokata-mochi Sokumen Irimi-nage (1) (2)
 ◆ Shomen-uchi Shomen Irimi-nage (1) (2)
 ◆ Yokomen-uchi Shomen Irimi-nage (1) (2)
 ◆ Katate-mochi Shomen Irimi-nage (1) (2)
 ◆ Ryote-mochi Shomen Irimi-nage (1) (2)
 Jodan-zuki Shomen Irimi-nage (1) (2)
 Shomen-geri Shomen Irimi-nage (1) (2)
 Yokomen-geri Shomen Irimi-nage (1) (2)
 ◆ Shomen-uchi Hiji-shime (1) (2)
 ◆ Yokomen-uchi Hiji-shime (1) (2)
 ◆ Katate-mochi Hiji-shime (1) (2)
 ◆ Kata-mochi Hiji-shime (1) (2)
 ◆ Mune-mochi Hiji-shime (1) (2)
 Yokomen-geri Hiza-otoshi
 Ushiro Ryote-mochi Hiji-shime (1) (2)
 ◆ Shomen-uchi Hiji-ate Kokyu-nage (1)(2)
 ◆ Yokomen-uchi Hiji-ate Kokyu-nage (1)(2)
 ◆ Katate-mochi Hiji-ate Kokyu-nage (1)(2)
 ◆ Ryote-mochi Hiji-ate Kokyu-nage (1)(2)
 ◆ Shomen-zuki Hiji-ate Kokyu-nage (1)(2)
 Shomen-geri Hiji-ate Kokyu-nage
 Yokomen-geri Hiji-ate Kokyu-nage
 Ushiro Ryote-mochi Hiji-ate Kokyu-nage (1)(2)
 ◆ Shomen-uchi Kote-gaeshi (1) (2)
 ◆ Yokomen-uchi Kote-gaeshi (1) (2)
 ◆ Shomen-zuki Kote-gaeshi (1) (2)
 ◆ Katate-mochi Kote-gaeshi (1) (2)
 ◆ Ryote-mochi Kote-gaeshi (1) (2)
 Jodan-zuki Kote-gaeshi (1) (2)
 Shomen-geri Kote-gaeshi (1) (2)
 Yokomen-geri kote-gaeshi (1) (2)
 Ushiro Ryote-mochi Kote-gaeshi (1) (2)
 Shomen-geri Sumi-otoshi
 Yokomen-geri Sumi-otoshi
 Shomen-geri Irimi-zuki
 Yokomen-geri Irimi-zuki
 Shomen-uchi Kokyu-nage
 Yokomen-uchi Kokyu-nage
 Katate-mochi Kokyu-nage
 Ryote-mochi Kokyu-nage
 Shomen-zuki Kokyu-nage
 Suwari Ryote-mochi Kokyu-ho(1)(2)(3)(4)(5)(6)(7)
 (◆Both Standing and Sitting position)