

Omote - Ura - Tachiwaza - Suwariwaza - Bukiwaza - Kihon - Kinonagare - Hanmihandachi											
Graad	Dagen	Aanval	Techniek	O	U	T	S	B	K	KN	H
6e kyu (rokkyu)	20										
		katate dori	<a href="#">tai no henko</a> (ura)			X			X	X	
		morote dori	<a href="#">kokyu nage</a>			X					
		katate dori	<a href="#">ikkyo</a> (ura)	X	X	X			X		
		katate dori	<a href="#">shihonage</a> (ura)	X	X	X			X		
		ryote dori	kokyu ho				X		X		
		Ken: ichi, ni, san no suburi						X			
		Jo: Roku no jo kata						X			
		Jiyuwaza 1 aanvaller vloeiend vrij in techniek								X	
5e kyu (gokyu)	35										
		shomenuchi	ikkyo	X	X	X			X		
		shomenuchi	iriminage			X			X		
		ryote dori	tenchi nage			X			X		
		Ken: yon no suburi						X			
		Jo: Tsuki no bu suburi (1-5)						X			
4e kyu (yonkyu)	45										
		shomenuchi	<a href="#">ikkyo</a> (ura)	X	X		X		X		
		shomenuchi	<a href="#">nikkyo</a> (ura)	X	X	X			X		
		katate dori	<a href="#">kotegaeshi</a>			X			X		
		tsuki	<a href="#">kotegaeshi</a>			X				X	
		shomenuchi	<a href="#">shihonage</a> (ura)			X			X		
		kosadori	<a href="#">shihonage</a> (ura)			X			X		
		Ken: go no suburi						X			
		Jo: Sanjuuichi no kata						X			

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3e kyu (sankyu)	60										
		shomenuchi	nikkyo	X	X		X		X		
		shomenuchi	sankyo	X	X	X			X		
		kata dori menuchi	kotegaeshi			X			X		
		yokomenuchi	shihonage			X				X	
		yokomenuchi	iriminage			X			X		
		katate dori	kaiten nage (uchi)			X			X		
		Ken: <a href="#">roku no suburi</a> , <a href="#">shichi no suburi</a>						X			
		Jo: Uchi no bu suburi (6-10)						X			
2e kyu (nikyu)	75										
		shomenuchi	sankyo	X	X		X		X		
		shomenuchi	yonkyo	X	X	X			X		
		kata dori menuchi	iriminage			X			X		
		yokomenuchi	iriminage			X				X	
		morote dori	iriminage (shitakara)			X				X	
		shomenuchi	kotegaeshi			X			X		
		kosa dori	kotegaeshi			X			X		
		shomenuchi	koshi nage			X			X		
		katate dori	koshi nage			X			X		
		uchiro ryote dori	ikkyo	X	X	X			X		
		uchiro ryote dori	kokyo nage			X			X		
		Ken: Migi, Hidari, Go no awase						X			
		Jo: Katate no bu, Hasso no bu, Nagare no bu						X			
		Jiyuwaza: Twee aanvallers vloeiend vrij					X			X	