



Uppdaterat 2019-12-19

6 KYU (minst 20 träningsdagar)		
Hitoriwaza		
1	Taisabaki	Kaiten
2		Tenkan
3		Irimitenkan
4	Ukemi	Mae, Ushiro
Suwariwaza		
5	Ryotedori	Kokyoho
Tachiwaza		
6	Katatedori	Tai no tenkanho
7		Shihonage
8	Katatedori (aihanmi)	Ikkyo



Uppdaterat 2019-12-19

5 KYU (minst 30 träningsdagar)		
Hitoriwaza		
1	Ikkyo undo	
2	Nikyo undo	
3	Sankyo undo	
4	Kotegaeshi undo	
5	Taisabaki	Irimitenkan
6	Ukemi	Mae, ushiro
Suwariwaza		
7	Katatedori aihanmi	Ikkyo
Tachiwaza		
8	Katatedori (aihanmi)	Kotegaeshi
9	Katatedori	Kokyonage
10	Ryotedori	Tenchinage
11	Shomenuchi	Iriminage



Uppdaterat 2019-12-19

4 Kyu (minst 40 träningsdagar efter 5 kyu)		
Hitoriwaza		
1	Ikkyo undo	
2	Shikko	
3	Ukemi	
Suwariwaza		
4	Shomenuchi	Ikkyo (omote, ura)
5		Iriminage
Hanmi handachiwaza		
6	Shomenuchi	Iriminage
Tachiwaza		
7	Katatedori	Kokyoho
8	Morotedori	Ikkyo (omote, ura)
9	Ryotedori	Nikyo (omote, ura)
10	Ushiro ryotedori	Iriminage
11	Shomenuchi	Ikkyo (omote, ura)
12		Nikyo (omote, ura)
13	Yokomenuchi	Shihonage (omote, ura)
14		Udekimenage



Uppdaterat 2019-12-19

3 Kyu (minst 50 träningsdagar efter 4 kyu)		
Suwariwaza		
1	Shomenuchi	Nikyo (omote, ura)
2		Sankyo (omote, ura)
Hanmi handachiwaza		
3	Shomenuchi	Ikkyo (omote, ura)
Tachiwaza		
4	Katatedori	Kotegaeshi
5	Katadori	Sankyo (omote, ura)
6	Morotedori	Nikyo
7		Kokyonage
8	Ryotedori	Shihonage (omote, ura)
9		Kokyonage
10	Ushiro ryotedori	Ikkyo
11		Kotegaeshi
12	Shomenuchi	Sankyo (omote, ura)
13		Kaitennage
14	Yokomenuchi	Ikkyo (omote, ura)
15		Iriminage
16	Tsuki	Kotegaeshi
17		Iriminage
18	Katatedori	Jiyuwaza



Uppdaterat 2019-12-19

2 Kyu (minst 50 träningsdagar efter 3 kyu)		
Hitoriwaza		
1	Bokken	Kihon
Suwariwaza		
2	Shomenuchi	Sankyo (omote, ura) Yonkyo (omote, ura)
3	Yokomenuchi	Iriminage
Hanmi handachiwaza		
4	Katatedori	Kaitennage (soto, uchi)
5	Shomenuchi	Nikyo (omote, ura)
6	Tsuki	Kotegaeshi
Tachiwaza		
7	Katatedori	Hijikime osae
8 9	Katadori	Yonkyo (omote, ura) Iriminage
10 11	Morotedori	Kokyoho Kotegaeshi
12 13	Katadori menuchi	Ikkyo (omote, ura) Nikyo (omote, ura)
14 15	Ryotedori	Iriminage Kotegaeshi
16 17	Ushiro ryotedori	Kokyoho Kokyonage
18 19	Shomenuchi	Yonkyo (omote, ura) Shihonage
20 21	Yokomenuchi	Gokyo Kokyonage
22 23	Tsuki	Shihonage Kaitennage (soto, uchi)
24	Morotedori	Jiyuwaza
25	Shomenuchi	Jiyuwaza



Uppdaterat 2019-12-19

1 kyu (minst 60 träningsdagar efter 2 kyu)		
Hitoriwaza		
1	Jo	Kihon
Suwariwaza		
2	Shomenuchi	Ikkyo (omote, ura)
3	Katadori	Nikyo (omote, ura)
4	Yokomenuchi	Sankyo (omote, ura)
5	Yokomenuchi	Yonkyo (omote, ura)
6	Shomenuchi	Kotegaeshi
Hanmi handachiwaza		
7	Katatedori	Shihonage (omote, ura)
8	Ryotedori	Shihonage (omote, ura)
9	Ushiro ryokatadori	Sankyo
10		Kokyonage
Tachiwaza		
11	Katatedori	Koshinage
12	Ryotedori	Kotegaeshi (omote, ura)
13	Munadori	Sankyo
14		Shihonage
15	Morotedori	Yonkyo
16		Jujigarami
17	Katadori menuchi	Shihonage
18		Kotegaeshi
19	Ushiro ryotedori	Jujigarami
20		Shihonage
21	Ushiro ryohijidori	Sankyo
22		Kotegaeshi
23	Ushiro ryokatadori	Kokyoho
24		Kokyonage
25	Ushiro katatedori kubijime	Sankyo
26		Koshinage
27	Ushiro eridori	Ikkyo
28		Iriminage
29	Shomenuchi	Gokyo
30		Udekimenage
31	Yokomenuchi (tanto)	Gokyo
32	Tsuki	Kaiten osae
33		Hijikime osae
34	Dori	Jiyuwaza
35	Uchi	Jiyuwaza