

Shodan

SW	shomen uchi	ikkyo nikyo sankyo yonkyo gokyo irimi nage kote gaeshi
HHW	katate dori	shihonage ikkyo uchi kaiten nage iriminage kote gaeshi
TW	yokomen uchi	ikkyo nikyo irimi nage kote gaeshi shiho nage
	katadori men uchi	ikkyo irimi nage shiho ange kote gaeshi koshi nage
	chudan tsuki ryote dori	jyu waza tenchi nage koshi nage kokyu nage
UW	ryote dori	ikkyo sankyo irimi nage shiho nage kote gaeshi koshi nage
TANTO	chudan tsuki	jyu waza
JO	chudan tsuki jo nage waza	jyu waza jyu waza
	Taninzu gake ryo kata dori	jyu waza

Nidan

SW	yokomen uchi	ikkyo nikyo sankyo yonkyo gokyo irimi nage kote gaeshi
HHW	katate dori	shiho nage ikkyo nikyo ura irimi nage kaiten nage
HHW USW	ryo kata dori	jyu waza
TW	shomen uchi	ikkyo nikyo irimi nage kote gaeshi shiho nage koshi nage
	katadori men uchi	ikkyo irimi nage shiho nage kote gaeshi koshi nage
	chudan tsuki ryote dori	jyu waza tenchi nage koshi nage kokyu nage
UW	ryote dori katate dori kubishime	jyu waza ikkyo sankyo shiho nage kote gaeshi koshi nage
TANTO	chudan tsuki	jyu waza
JO	chudan tsuki jo nage waza	jyu waza jyu waza
TANINZUGAKE		ryo kata dori