

9. kyu

ASHI SABAKI			
	1	Mae Ashi Irimi	hidari, migi
	2	Ushiro Ashi Irimi	hidari, migi
	3	Kaiten	
TAI SABAKI			
	4	Irimi Tenkan	
TE SABAKI			
	5	Ikkyo Undo	hidari, migi
UKEMI			
	6	Mae/Ushiro Ukemi	
SUVARI WAZA			
	7	Shiko	mae
TACHI WAZA			
Aihanmi Katatetori	8	Ikkyo Omote/Ura	

8. kyu

ASHI SABAKI			
	1	Mae Ashi Tenkan	hidari, migi
	2	Ushiro Ashi Tenkan	hidari, migi
TAI SABAKI			
	3	Irimi Tenkan	
TE SABAKI			
	4	Irimi Tenkan	
UKEMI			
	5	Mae/Ushiro Ukemi	i medvídek
SUVARI WAZA			
	6	Shiko	mae, ushiro, irimi tenkan
TACHI WAZA			
Shomenuchi Kiawase	7	Kotegaeshi	
	8	Iriminage	

7. kyu

ASHI SABAKI			
	1	Mae Ashi Tenshin	hidari, migi
	2	Ushiro Ashi Tenshin	hidari, migi
TAI SABAKI			
	3	Irimi Tenkan Tenshin	mae ashi tenshin ushiro ashi tenshin
	4	Irimi Tenkan Tenshin/Tenkan Tenshin	
TE SABAKI			
	5	Shiho Kiri	hidari, migi
TACHI WAZA			
Aihanmi Katatetori	6	Ikkyo Omote/Ura	
Katatetori Gyakuhanmi	7	Shihonage Omote/Ura	
Ryotetori	8	Tenchinage	
	9	Genkei Kokyunage	