

## 6 KYU

### **Tai sabaki:**

tai no tenkan,  
irimi tenkan

### **Suwari waza ukemi:**

mae ukemi,  
ushiro ukemi

### **Tachi waza ukemi:**

mae ukemi,  
ushiro ukemi

### **Tachi waza:**

Aihanmi katatetori ikkyo (omote, ura)  
Aihanmi katatetori shiho nage (omote, ura)  
Aihanmi katatetori irimi nage (omote, ura)  
Aihanmi katatetori kote gaeshi (omote, ura)  
Shomen uchi irimi nage  
Katatetori uchi kaiten nage

### **Suwari waza:**

Ryotetori kokyu ho

## 5 KYU

### **Tachi waza:**

Aihanmi katatetori nikyo  
Aihanmi katatetori sankyo  
Shomen uchi ikkyo  
Shomen uchi shiho nage  
Shomen uchi nikyo  
Shomen uchi kote gaeshi  
Katatetori gedan kuzushi ikkyo (omote, ura)  
Katatetori shiho nage (omote, ura)  
Katatetori irimi nage  
Katatetori kote gaeshi  
Katatetori ude kime nage  
Katatetori kokyu nage

### **Suwari waza:**

Aihanmi katatetori ikkyo (omote, ura)  
Aihanmi katatetori nikyo  
Shomen uchi ikkyo (omote, ura)

### **Bokken suburi:**

Shomen uchi

## 4 KYU

### **Tachi waza:**

Katatetori gedan kuzushi nikkyo  
Chudan tsuki kote gaeshi  
Chudan tsuki irimi nage  
Yokomen uchi ikkyo (omote, ura)  
Yokomen uchi shiho nage  
Yokomen uchi irimi nage  
Yokomen uchi kote gaeshi  
Ryotetori ikkyo (omote, ura)  
Ryotetori shiho nage  
Ryotetori irimi nage  
Ryotetori kote gaeshi  
Ryotetori ude kime nage  
Ryotetori kokyu nage

### **Suwari waza:**

Aihanmi katatetori sankyo  
Katatetori shiho nage  
Shomen uchi nikyo  
Shomen uchi irimi nage  
Shomen uchi kote gaeshi

### **Bokken suburi:**

Kesa giri

### **Jo suburi:**

Shomen uchi  
Chudan tsuki

## 3 KYU

### **Tachi waza:**

Aihanmi katatetori yonkyo  
Katatetori gedan kozushi sankyo  
Katatetori uchi kaiten sankyo  
Katatetori tai otoshi  
Katatetori koshi nage  
Yokomen uchi nikyo  
Yokomen uchi sankyo  
Jodan tsuki ikkyo (omote, ura)  
Jodan tsuki shiho nage  
Jodan tsuki irimi nage  
Jodan tsuki kote gaeshi  
Jodan tsuki ude kime nage  
Jodan tsuki soto kaiten nage  
Ryotetori nikyo  
Ryotetori sankyo

### **Ushiro waza:**

Ryotetori ikkyo  
Ryotetori shiho nage  
Ryotetori irimi nage  
Ryotetori kote gaeshi  
Ryotetori hiji kime osae

### **Suwari waza:**

Aihanmi katatetori yonkyo  
Shomen uchi sankyo  
Shomen uchi shiho nage

### **Jo:**

Jo kata 1-10 (samemu i z uke)

## 2 KYU

### **Tachi waza:**

Yokomen uchi gokyo  
Yokomen uchi koshi nage  
Jodan tsuki nikyo  
Jodan tsuki sankyo  
Jodan tsuki koshi nage  
Katatori menuchi ikkyo (tori te, uchi te)  
Katatori menuchi nikyo (tori te, uchi te)  
Katatori menuchi shiho nage  
Katatori menuchi irimi nage

### **Ushiro waza:**

Ryotetori nikyo  
Ryotetori sankyo  
Ryotetori koshi nage  
Ryotetori kokyu nage  
Katatori kubishime ikkyo

### **Hanmi handachi waza:**

Aihanmi katatetori ikkyo  
Aihanmi katatetori shiho nage  
Aihanmi katatetori irimi nage

### **Suwari waza:**

Shomen uchi shiho nage  
Yokomen uchi ikkyo  
Yokomen uchi irimi nage

### **Ken tai ken:**

Kote-men-do

### **Jo:**

Jo kata 1-20 (samemu i z uke)

## 1 KYU

### **Tachi waza:**

Aihanmi katatetori jiuwaza  
Katatetori jiuwaza  
Shomen uchi jiuwaza  
Yokomen uchi jiuwaza  
Jodan tsuki jiuwaza  
Katatori menuchi jiuwaza

### **Ushiro waza:**

Ryotetori jiuwaza

### **Hanmi handachi waza:**

Aihanmi katatetori jiuwaza  
Katatetori jiuwaza  
Schomen uchi jiuwaza

### **Suwari waza:**

Aihanmi katatetori jiuwaza  
Katatetori jiuwaza  
Shomen uchi jiuwaza

### **Ken no tebiki, jo no tebiki:**

Aihanmi ikkyo  
Katatetori ikkyo

### **Ken tai ken i Ken tai jo:**

Aihanmi ikkyo  
Katatetori ikkyo

### **Jo:**

Jo kata 1-41 (samemu i z uke)