

1st Kyu

Ai Katate Dori	Ikkyo
Ai Katate Dori	Nikkyo
Ai Katate Dori	Kote Gaeshi
Ai Katate Dori	Irimi Nage
Ai Katate Dori	Shiho Nage
Ai Katate Dori	Sokumen
Ai Katate Dori	Kokyunage
Ai Katate Dori	Sankyo
Ai Katate Dori	Yonkyo
Ai Katate Dori	Mai Otoshi
Ai Katate Dori	Koshinage
Ai Katate Dori	Tenchinage
Ai Katate Dori	Aiki Nage
Gyaku Katate Dori	Ikkyo
Gyaku Katate Dori	Nikkyo
Gyaku Katate Dori	Kote Gaeshi
Gyaku Katate Dori	Irimi Nage
Gyaku Katate Dori	Irimi Nage
Gyaku Katate Dori	Shiho Nage
Gyaku Katate Dori	Sokumen
Gyaku Katate Dori	Kokyunage
Gyaku Katate Dori	Sumi Otoshi
Gyaku Katate Dori	Tenchinage
Gyaku Katate Dori	Sankyo
Gyaku Katate Dori	Yonkyo
Gyaku Katate Dori	Mai Otoshi
Gyaku Katate Dori	Uchi Kaiten Nage
Gyaku Katate Dori	Soto Kaiten Nage
Gyaku Katate Dori	Koshinage
Gyaku Katate Dori	Aiki Otoshi
Shomenuchi	Ikkyo
Shomenuchi	Nikkyo
Shomenuchi	Kote Gaeshi
Shomenuchi	Irimi Nage
Shomenuchi	Shiho Nage
Shomenuchi	Sokumen
Shomenuchi	Kokyunage
Shomenuchi	Sumi Otoshi
Shomenuchi	Tenchinage
Shomenuchi	Sankyo
Shomenuchi	Yonkyo
Shomenuchi	Mai Otoshi
Shomenuchi	Gokyu
Shomenuchi	Koshinage
Shomenuchi	Aiki Nage
Shomenuchi	Uchi Kaitenage
Shomenuchi	Soto Kaitenage
Yokomenuchi	Ikkyo
Yokomenuchi	Nikkyo
Yokomenuchi	Kote Gaeshi
Yokomenuchi	Irimi Nage

1st Kyu

Yokomenuchi	Shiho Nage
Yokomenuchi	Sokumen
Yokomenuchi	Kokyunage
Yokomenuchi	Mai Otoshi
Yokomenuchi	Gokyu
Yokomenuchi	Sumi Otoshi
Yokomenuchi	Tenchinage
Chudan Tsuki	Kote Gaeshi
Chudan Tsuki	Irimi Nage
Chudan Tsuki	Sokumen
Chudan Tsuki	Sumi Otoshi
Chudan Tsuki	Tenchinage
Chudan Tsuki	Mai Otoshi
Chudan Tsuki	Hiji Shime
Chudan Tsuki	Shihonage
Ryote Dori	Ikkyo
Ryote Dori	Nikkyo
Ryote Dori	Kote Gaeshi
Ryote Dori	Irimi Nage
Ryote Dori	Shiho Nage
Ryote Dori	Sokumen
Ryote Dori	Kokyunage
Ryote Dori	Sumi Otoshi
Ryote Dori	Tenchinage
Ryote Dori	Sankyo
Ryote Dori	Yonkyo
Ryote Dori	Mai Otoshi
Ryote Dori	Uchi Kaiten Nage
Ryote Dori	Soto Kaiten Nage
Ryote Dori	Koshinage
Ushiro Ryote Dori	Ikkyo
Ushiro Ryote Dori	Kote Gaeshi
Ushiro Ryote Dori	Shiho Nage
Ushiro Ryote Dori	Sokumen
Ushiro Ryote Dori	Kokyunage
Ushiro Ryote Dori	Sankyo
Ushiro Ryote Dori	Hiji Shime
Ushiro Ryote Dori	Koshinage
Ushiro Ryote Dori	Aiki Otoshi
Ushiro Ryote Dori	Nikkyo
Ushiro Ryote Dori	Hiki Shime
Ushiro Ryote Dori	Irimi Nage
Kata Dori	Ikkyo
Kata Dori	Nikkyo
Kata Dori	Sokumen
Kata Dori	Kokyunage
Kata Dori	Yonkyo
Kata Dori	Gokyu
Kata Dori	Shihonage
Kata Dori	Hiji Shime
Kata Dori	Kata Gatame
Kata Dori	Mai Otoshi

1st Kyu

Ushiro Ryo Kata Dori	Ikkyo
Ushiro Ryo Kata Dori	Sokumen
Ushiro Ryo Kata Dori	Kokyunage
Ushiro Ryo Kata Dori	Sankyo
Ushiro Ryo Kata Dori	Aiki Otoshi
Kata Dori Shomenuchi	Ikkyo
Kata Dori Shomenuchi	Nikkyo
Kata Dori Shomenuchi	Irimi Nage
Kata Dori Shomenuchi	Shiho Nage
Kata Dori Shomenuchi	Gokyu
Kata Dori Shomenuchi	Sumi Otoshi
Kata Dori Shomenuchi	Uchi Kaiten Nage
Kata Dori Shomenuchi	Soto Kaiten Nage
Morote Dori	Ikkyo
Morote Dori	Nikkyo
Morote Dori	Kote Gaeshi
Morote Dori	Irimi Nage
Morote Dori	Shiho Nage
Morote Dori	Sokumen
Morote Dori	Kokyunage
Morote Dori	Yonkyo
Morote Dori	Mai Otoshi
Morote Dori	Koshinage
Jodan Tsuki	Ikkyo
Jodan Tsuki	Kote Gaeshi
Jodan Tsuki	Irimi Nage
Jodan Tsuki	Hiji Shime
Jodan Tsuki	Koshinage
Jodan Tsuki	Uchi Kaiten Nage
Jodan Tsuki	Soto Kaiten Nage
Hiji Dori	Ikkyo
Hiji Dori	Nikkyo
Hiji Dori	Shiho Nage
Hiji Dori	Sokumen
Hiji Dori	Tenchinage
Hiji Dori	Uchi Kaiten Nage
Hiji Dori	Soto Kaiten Nage
Ushiro Ryo Hiji Dori	Ikkyo
Ushiro Ryo Hiji Dori	Sokumen
Ushiro Ryo Hiji Dori	Kokyunage
Ushiro Ryo Hiji Dori	Aiki Otoshi
Ushiro Ryo Hiji Dori	Sankyo
Ushiro Ryo Hiji Dori	Gokyu
Mune Dori	Kote Gaeshi
Mune Dori	Sokumen
Mune Dori	Hiji Shime
Ryo Kata	Ikkyo
Ryo Kata	Nikkyo
Ryo Kata	Kokyunage
Ryo Kata	Hiji Shime
Ryo Mune Dori	Ikkyo
Ryo Mune Dori	Nikkyo

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Ryo Mune Dori	Kokyunage
Ryo Mune Dori	Hiji Shime
Mune Dori Shomenuchi	Ikkyo
Mune Dori Shomenuchi	Nikkyo
Mune Dori Shomenuchi	Gokyu
Ushiro Eri Dori	Ikkyo
Ushiro Eri Dori	Irimi Nage
Ushiro Eri Dori	Kote Gaeshi
Ushiro Eri Dori	Yonkyo
Hanmi-Handachi Gyaku Katate Dori	Kote Gaeshi
Hanmi-Handachi Gyaku Katate Dori	Irimi Nage
Hanmi-Handachi Gyaku Katate Dori	Shiho Nage
Hanmi-Handachi Gyaku Katate Dori	Sokumen
Hanmi-Handachi Gyaku Katate Dori	Kokyunage
Hanmi-Handachi Gyaku Katate Dori	Kaiten Nage
Hanmi-Handachi Yokomenuchi	Shiho Nage
Hanmi-Handachi Shomenuchi	Kote Gaeshi
Hanmi-Handachi Shomenuchi	Irimi Nage
Hanmi-Handachi Shomenuchi	Sokumen
Hanmi-Handachi Kata Dori	Ikkyo
Hanmi-Handachi Kata Dori	Nikkyo
Hanmi-Handachi Kata Dori	Yonkyo
Hanmi-Handachi Kata Dori	Hiji Shime
Hanmi-Handachi Mune Dori	Kote Gaeshi
Hanmi-Handachi Jodan Tsuki	Kote Gaeshi
Hanmi-Handachi Jodan Tsuki	Irimi Nage
Hanmi-Handachi Jodan Tsuki	Hiji Shime
Suwari-Waza Ai Katate Dori	Ikkyo
Suwari-Waza Ai Katate Dori	Nikkyo
Suwari-Waza Ai Katate Dori	Kote Gaeshi
Suwari-Waza Ai Katate Dori	Irimi Nage
Suwari-Waza Gyaku Katate Dori	Ikkyo
Suwari-Waza Gyaku Katate Dori	Nikkyo
Suwari-Waza Gyaku Katate Dori	Irimi Nage
Suwari-Waza Gyaku Katate Dori	Sokumen
Suwari-Waza Shomenuchi	Ikkyo
Suwari-Waza Shomenuchi	Nikkyo
Suwari-Waza Shomenuchi	Kote Gaeshi
Suwari-Waza Shomenuchi	Irimi Nage
Suwari-Waza Shomenuchi	Sankyo
Suwari-Waza Shomenuchi	Yonkyo
Suwari-Waza Shomenuchi	Mai Otoshi
Suwari-Waza Yokomenuchi	Ikkyo
Suwari-Waza Yokomenuchi	Nikkyo
Suwari-Waza Yokomenuchi	Irimi Nage
Suwari-Waza Yokomenuchi	Gokyu
Suwari-Waza Ryote Dori	Ikkyo
Suwari-Waza Ryote Dori	Nikkyo
Suwari-Waza Ryote Dori	Irimi Nage
Suwari-Waza Ryote Dori	Yonkyo
Suwari-Waza Kata Dori	Ikkyo
Suwari-Waza Kata Dori	Nikkyo

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Suwari-Waza Kata Dori	Kata Gatame
Suwari-Waza Kata Dori	Hiji Shime
Suwari-Waza Morote Dori	Irimi Nage
Suwari-Waza Jodan Tsuki	Ikkyo
Suwari-Waza Jodan Tsuki	Irimi Nage
Suwari-Waza Jodan Tsuki	Hiji Shime
Suwari-Waza Hiji Dori	Ikkyo
Suwari-Waza Hiji Dori	Nikkyo
Suwari-Waza Hiji Dori	Sokumen
Tanto Dori-Chudan Tsuki	Kote Gaeshi
Tanto Dori-Chudan Tsuki	Sankyo
Tanto Dori-Jodan Tsuki	Ikkyo
Tanto Dori-Jodan Tsuki	Hiji Shime
Tanto Dori-Jodan Tsuki	Ude Garami
Tanto Dori-Gyaku Yoko Giri	Hiji Shime
Tanto Dori-Yokomenuchi	Shiho Nage
Tanto Dori-Yokomenuchi	Gokyu
Tanto Dori-Shomen Ate	Shiho Nage
Bokken-Shomenuchi	Yonkyo
Bokken-Shomenuchi	Kote Gaeshi
Bokken-Shomenuchi	Irimi Nage
Bokken-Shomenuchi	Kokyunage
Bokken-Shomenuchi	Sankyo
Bokken-Yokomenuchi	Ikkyo
Bokken-Yokomenuchi	Shiho Nage
Bokken-Yokomenuchi	Kokyunage
Bokken-Yokomenuchi	NIKKYO
Jo-Tsuki	Ikkyo
Jo-Tsuki	Sankyo
Jo-Tsuki	Shiho Nage
Jo-Tsuki	Kokyunage
Jo-Tsuki	Hiji Shime
Jo-Yokomenuchi	Ikkyo
Jo-Yokomenuchi	Sankyo
Jo-Yokomenuchi	Irimi Nage
Jo-Yokomenuchi	Kokyunage
Jo-Yokomenuchi	Hiji Shime

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