

5th and 4th Kyu

5th Kyu	
Ai Katate Dori	Ikkyo
Ai Katate Dori	Nikkyo
Ai Katate Dori	Kote Gaeshi
Ai Katate Dori	Irimi Nage
Ai Katate Dori	Shih Nage
Ai Katate Dori	Sukomen

4th 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	Tenchinage
Gyaku Katate Dori	Ikkyo
Gyaku Katate Dori	Nikkyo
Gyaku Katate Dori	Kote Gaeshi
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
Shomenuchi	Ikkyo
Shomenuchi	Nikkyo
Shomenuchi	Kote Gaeshi
Shomenuchi	Irimi Nage
Shomenuchi	Shiho Nage
Shomenuchi	Sokumen
Shomenuchi	Kokyunage
Shomenuchi	Sumi Otoshi
Shomenuchi	Tenchinage
Yokomenuchi	Ikkyo
Yokomenuchi	Nikkyo
Yokomenuchi	Kote Gaeshi
Yokomenuchi	Irimi Nage
Yokomenuchi	Shiho Nage
Yokomenuchi	Sokumen
Yokomenuchi	Kokyunage
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	Shihonage