

Kyu-graad	P	Aanval	Technieken	Woensdag				Vrijdag			
				Begin		Gevord		Begin		Gevord	
6 kyu (min. 2 maanden na de start)		mae ukemi									
		shikko									
		ushiro ukemi									
	SW	aihanmi	ikkyo								
	TW	aihanmi	ikkyo								
	TW	aihanmi	iriminage								
	TW	aihanmi	kotegaeshi								
	TW	aihanmi	shihonage								
	TW	katatedori	kokyu nage								
TW	katatedori	sumi otoshi									
TW	katatedori	tenchinage									
5 kyu (min. 6 maanden na de zesde kyu)	SW	katatedori	ikkyo								
	HW	katatedori	shihonage								
	TW	aihanmi	nikkyo								
	TW	katatedori	ikkyo								
	TW	katatedori	nikkyo								
	TW	katatedori	iriminage								
	TW	katatedori	kotegaeshi								
	TW	katatedori	shihonage								
	TW	katatedori	sokumen iriminage								
	TW	katatedori	sotokaiten-nage								
	TW	katatedori	uchikaitennage								
TW	ryotedori	tenchinage									
4 kyu (min. 6 maanden na de vijfde kyu)	SW	katadori	ikkyo								
	SW	katadori	nikkyo								
	SW	katatedori	nikkyo								
	SW	shomenuchi	ikkyo								
	SW	shomenuchi	nikkyo								
	SW	shomenuchi	sankyo								
	SW	shomenuchi	iriminage								
	HW	katatedori	sotokaiten-nage								
	TW	aihanmi	sankyo								
	TW	aihanmi	udekimenage								
	TW	katadori	ikkyo								
	TW	katadori	nikkyo								
	TW	katatedori	sankyo								
	TW	katatedori	udekimenage								
	TW	shomenuchi	ikkyo								
	TW	shomenuchi	nikkyo								
	TW	shomenuchi	sankyo								
TW	shomenuchi	iriminage									
TW	shomenuchi	kotegaeshi									
3 kyu (min. 6 maanden na de vierde kyu)	SW	aihanmi	iriminage								
	SW	katatedori	iriminage								
	SW	katatedori	kotegaeshi								
	SW	yokomenuchi	ikkyo								
	SW	yokomenuchi	nikkyo								
	SW	yokomenuchi	sankyo								
	HW	katatedori	iriminage								
	HW	katatedori	uchikaitennage								
	HW	shomenuchi	iriminage								
	TW	ushiro ryotedori	ikkyo								
	TW	ushiro ryotedori	nikkyo								
	TW	ushiro ryotedori	sankyo								
	TW	yokomenuchi	ikkyo								
	TW	yokomenuchi	nikkyo								
	TW	yokomenuchi	sankyo								
	TW	yokomenuchi	gokyo								
	TW	yokomenuchi	iriminage								
TW	yokomenuchi	kotegaeshi									
TW	yokomenuchi	shihonage									
TW	yokomenuchi	udekimenage									
TW	yokomenuchi	yonkyo									

Kyu-graad	P	Aanval	Technieken	Begin		Gevord		Begin		Gevord	
2 kyu (min. 1 jaar na derde kyu)	SW	yokomenuchi	gokyo								
	SW	yokomenuchi	iriminage								
	SW	yokomenuchi	kotegaeshi								
	HW	ryotedori	shihonage								
	TW	jodantsuki	hijikime osae								
	TW	jodantsuki	ikkyo								
	TW	jodantsuki	nikkyo								
	TW	jodantsuki	sankyo								
	TW	jodantsuki	yonkyo								
	TW	jodantsuki	iriminage								
	TW	jodantsuki	kotegaeshi								
	TW	jodantsuki	shihonage								
	TW	jodantsuki	sumi otoshi								
	TW	morotedori	ikkyo								
	TW	morotedori	nikkyo								
	TW	morotedori	kotegaeshi								
	TW	morotedori	iriminage								
	TW	morotedori	shihonage								
	TW	morotedori	udekimenage								
	TW	ryotedori	ikkyo								
	TW	ryotedori	nikkyo								
	TW	ryotedori	sankyo								
	TW	ryotedori	iriminage								
	TW	ryotedori	kotegaeshi								
	TW	ryotedori	shihonage								
	TW	ushiro ryokatadori	ikkyo								
	TW	ushiro ryokatadori	nikkyo								
	TW	ushiro ryotedori	iriminage								
	TW	ushiro ryotedori	kotegaeshi								
	TW	ushiro ryotedori	shihonage								
TW	ushiro ryotedori	udekimenage									
1 kyu (min. 1 jaar na tweede kyu)	TW	aihanmi	koshi-nage								
	TW	chudantsuki	ikkyo								
	TW	chudantsuki	nikkyo								
	TW	chudantsuki	sankyo								
	TW	chudantsuki	yonkyo								
	TW	chudantsuki	iriminage								
	TW	chudantsuki	kotegaeshi								
	TW	chudantsuki	shihonage								
	TW	chudantsuki	sumi otoshi								
	TW	katadori menuchi	ikkyo								
	TW	katadori menuchi	nikkyo								
	TW	katadori menuchi	sankyo								
	TW	katadori menuchi	iriminage								
	TW	katadori menuchi	kotegaeshi								
	TW	katadori menuchi	shihonage								
	TW	morotedori	jujigarami								
	TW	munadori	shihonage								
	TW	shomenuchi	gokyo								
	TW	shomenuchi	uchikaitennage								
	TW	shomenuchi	shihonage								
	TW	shomenuchi	sotokaitennage								
	TW	ushiro eridori	ikkyo								
	TW	ushiro eridori	kotegaeshi								
	TW	ushiro eridori	shihonage								
	TW	kubishime	shihonage								
	TW	ushiro ryokatadori	sokumen iriminage								
	TW	ushiro ryokatadori	aiki otoshi								
	TW	ushiro ryotedori	jujigarami								