

**6:e Kyu****Grundövningar**

Mae ukemi
Ushiro ukemi
Shikko mae
Tai no tenkan
Irimi tenkan

Tachi wasa

Katate dori Tai no tenkan ho
Aihanmi katate dori Ikkyo
Ryote dori Tenchinage

Suvari wasa

Ryote dori Seiza kokyu ho

5:e Kyu**Grundövningar**

Shikko ushiro
Ikkyo undo
Irimi tenkan ikkyo undo
Shomen uchi - Ikkyo undo

Tachi wasa

Aihanmi katate dori Shihonage
Irimi nage

Shomen uchi Ikkyo
Irimi nage

Katate dori Tenchi nage
Kokyu nage

Suvari wasa

Ryote dori Seiza kokyu ho

4:e Kyu**Grundövningar**

Shikko kaiten

Tachi wasa

Aihanmi katate dori Nikyo
Sankyo
Kotegaeshi
Udekime nage

Katate dori Ikkyo
Nikyo
Kokyu ho
Udekime nage
Uchi kaiten nage
Irimi nage
Kotegaeshi

Kata dori Ikkyo
Nikyo
Tenchi nage

Ryote dori Sankyo
Ushiro ryote dori Sankyo

Shomen uchi Kotegaeshi
Yokomen uchi Shiho nage
Udekime nage

Suvari wasa

Aihanmi katate dori Ikkyo
Irimi nage

Shomen uchi Ikkyo
Irimi nage

3:e Kyu**Tachi wasa**

Katate dori Soto kaiten nage
Morote dori Ikkyo
Nikyo

Ryote dori Kotegaeshi
Ude kime nage
Kokyu ho
Kokyu nage

Ushiro ryote dori Ikkyo
Shiho nage

Nikyo
Ikkyo
Kotegaeshi
Shiho nage
Irimi nage
Ude kime nage

Shomen uchi Nikyo
Sankyo
Yonkyo

Yokomen uchi Ikkyo
Nikyo
Sankyo
Yonkyo
Irimi nage
Kotegaeshi

Jiyuwasa Katate dori

Suvari wasa

Katate dori Ikkyo
Nikyo
Ikkyo
Nikyo
Shomen uchi Nikyo
Sankyo
Kotegaeshi

Hanmi handachi wasa

Katate dori Shiho nage
Uchi kaiten nage
Irimi nage

Shomen uchi

2:a Kyu**Tachi wasa**

Aihanmi katate dori Koshi nage
Katate dori Sankyo
Sumi otoshi

Kata dori Sankyo
Ryote dori Kotegaeshi
Irimi nage
Irimi nage

Morote dori Ikkyo
Kata dori men uchi Nikyo
Sankyo
Irimi nage
Kotegaeshi
Shiho nage

Ushiro ryote dori Juji garami
Ushiro ryo kata dori Ikkyo
Nikyo
Sankyo
Kokyu ho
Aiki otoshi

Shomen uchi

Yokomen uchi

Chudan tsuki

Jodan tsuki

Jiyuwasa – Shomen uchi

Suvari wasa

Katate dori Kotegaeshi
Irimi nage

Yokomen uchi Gokyo
Irimi nage

Hanmi handachi wasa

Katate dori Soto kaiten nage
Ikkyo

Ryote dori Shiho nage

1:a kyu**Tachi wasa**

Katate dori Koshi nage

Morote dori Juji garami

Ryo kata dori Ikkyo
Kokyu ho
Kokyu nage

Shomen uchi Gokyo
Koshi nage

Chudan tsuki Nikyo
Sankyo
Kote gaeshi

Jodan tsuki Ikkyo
Nikyo
Sankyo
Shiho nage

Muna dori Shiho nage
Ushiro eri dori Ikkyo
Kotegaeshi
Shiho nage

Ushiro katate dori Shiho nage
kubishime

Jiyuwasa – Toriwasa
(Katate dori, Ushiro ryote dori)

Jiyuwasa – Uchiwasa
(Shomen uchi, Yokomen uchi)

Hanmi handachi wasa

Ushiro ryo kata dori Kokyo nage
Kote gaeshi
Sankyo

Keri

Mae geri Kokyu ho
Mawashi geri Osae