Valge vöö	Kollane vöö	Kollane-Oranz	Oranz vöö	Oranz-Roheline	Roheline vöö	Roheline-Sinine	Sinine vöö	Sinine-Pruun	Pruun vöö
		tsugi ashi	Kuzushi 8 suunda	Renraku waza	Renraku waza	Renraku waza	Renraku waza	Renraku waza	Renraku waza
Ritsu rei	kumikata	ayumi ashi	uchi komi	Renzoku waza	Renzoku waza	Renzoku waza	Renzoku waza	Renzoku waza	Renzoku waza
Za rei			ai yotsu	Tokui waza	Tokui waza	Tokui waza	Tokui waza	Tokui waza	Tokui waza
	Nage waza:	mae sabaki	genka yotsu	Gaeshi waza	Gaeshi waza	Gaeshi waza	Gaeshi waza	Gaeshi waza	Gaeshi waza
Ukemi waza	Uki goshi	ushiro sabaki							
	De ashi harai	mae mawari sabaki	Nage waza:	Nage waza:	Nage waza:	Nage waza:	Nage waza:	Nage waza:	Nage waza:
mae ukemi	O soto otoshi	ushiro mawari sabaki	Uchi mata	O soto gari	Tsubame gaeshi	Hane goshi	Kata guruma	Harai makikomi	Kuchiki taoshi
yoko ukemi			O soto gaeshi	Okuri ashi harai	Tsuri goshi	Ko uchi gaeshi	O soto guruma	O soto makikomi	Kibisu gaeshi
mae mawari ukemi	Gatame waza:	randori	Seoi nage	Sasae tsurikomi ashi	Ura nage	O uchi gaeshi	O guruma	Uchi mata makikomi	Morote gari
ushiro ukemi	Yoko shiho gatame		Seoi otoshi	Yoko guruma	Ko soto gake	Harai goshi gaeshi	Uchi mata sukashi	Hane makikomi	Sumi otoshi
	Kesa gatame	Nage waza:	Sode tsurikomi goshi	Tomoe nage	Yoko tomoe nage	Uchi mata gaeshi	Ushiro goshi	Tawara gaeshi	Kani basami
seisud	Tate shiho gatame	O goshi	Harai goshi	Hikikomi gaeshi	Sumi gaeshi	Hane goshi gaeshi	Utsuri goshi	Yoko otoshi	Kawazu gake
	Kami shiho gatame	Ippon seoi nage	Tani otoshi	Soto makikomi	Tai otoshi	Ko soto gari	Sukui nage	Yama arashi	Uki waza
jigotai		Goshi guruma		Ko uchi makikomi		Ashi guruma	Uchi makikomi	Uki otoshi	Yoko wakare
shizentai		Hiza guruma	Uki gatame		Jime waza:	Harai tsurikomi ashi	Ko uchi gari	Obi otoshi	Daki wakare
		O uchi gari		Kansetsu waza:	Hadaka shime				Yoko gake
		O soto gake	Ude hishigi juji gatame	Ude hishigi ude gatame	Ryote shime	Kansetsu waza:	Jime waza:	Kasnetsu waza:	Waki otoshi
				Ude hishigi sankaku gatame	Tsukkomi shime	Ude hishigi ashi gatame	Morote jime	Ashi garami	Tama guruma
		Gatame waza:	Kata juji jime		Katate shime	Ude hishigi te gatame		Do jime	Kubi nage
		Kuzure kesa gatame	Nami juji jime	Kataha jime		Ude garami			Tsurikomi goshi
		Ushiro kesa gatame	Giaku juji jime	Okuri eri jime		Ude hishigi waki gatame			
		Kuzure kami shiho gatame	Sankaku jime	Sode guruma jime		Ude hishigi hiza gatame			Gatame waza:
		Kata gatame				Ude hishigi hara gatame			mune gatame
		Sankaku							makura kesa gatame