

1 kyu	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Kaitennage	Shihonage	Kotegaeshi	Iriminage	Kokyunage
Aihanmi	O, U KT, JT KK	O, U KT, JT KK,	O, U KT, JT KK,	O, U KT, JT KK,	O, U KT, JT KK,	U KT, JT KK	O, U KT, JT KK	O, U KT, JT KK	O, U KT, JT KK	O, U KT, JT
Gyakuhanmi	O, U KT KK, KJ	O, U KT KK, KJ	O, U KT KK, KJ	O, U KT KK, KJ	O, U KT, JT KK, KJ	U KT, JT KK, KJ	O, U KT, JT KK, KJ	O, U JT KK, KJ	O, U JT KK, KJ	O KT
Shomenuchi	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U
Yokomenuchi	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O KK, KJ	O
Ryotedori	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT
Katadori menuchi	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT KK, KJ	O KT
Kosadori	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	U
Tsuki	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U KK, KJ	O KK, KJ	O, U KK, KJ	O, U KK, KJ	O, U
Ushiroryotedori	U	U	U KK, KJ	U	U	U	U	U KK, KJ	U	U