

ROKYU (6TH)

GOKYU (5TH)

YONKYU (4TH)

SANKYU (3RD)

NIKYU (2ND)

IKKYU (1ST)

								
KATATE DORI TENKAN/IRIMI	STANDING ROLLS BACK AND FORWARD BOTH SIDES	YOKOMENUCHI SHIHONAGE	KATA DORI IKKYO WITH PIN	MUNETSUKI KAITENNAGE	SHOMENUCHI SANKYO WITH PINS	USHIRO RYOKATA DORI IKKYO	YOKOMENUCHI NIKYO	JIYU WAZA FROM STANDING, HANMI- HANDACHI, & SWARIWAZA
KATATE DORI KOKYU NAGE	MUNETSUKI KOTEGAESHI WITH PIN	RYOTE DORI TENCHI NAGE	KATATE DORI SHIHONAGE	SHOMENUCHI NIKYO	SHOMENUCHI YONKYO	USHIRO RYOTE DORI SHIHONAGE	YOKOMENUCHI SANKYO	TANTO DORI FROM MUNETSUKI, SHOMENUCHI, & YOKOMENUCHI
KATATE RYOTE DORI IKKYO	KATATE DORI SOKOMEN IRIMINAGE	KOSA DORI IKKYO WITH PIN	KATATE RYOTE DORI IKKYO	KATA DORI IKKYO WITH PIN	YOKOMENUCHI KOKYU NAGE AT LEAST 3 WAYS	USHIRO KUBI SHIME KOTEGAESHI	YOKOMENUCHI YONKYO	ASU SWORD KATA 1-3
SHOMEN UCHI IRIMINAGE	RYO KATA DORI KOKYU NAGE (PIVOT THROW)		KATATE DORI SUMIOTOSHI	KATA DORI NIKKYO WITH PINS	YOKOMENUCHI IKKYO AND IKKYO NAGE	USHIRO WAZA KOKYU NAGE AT LEAST 4 VARIATIONS	SHOMENUCHI, KATATE DORI, YOKOMENUCHI, & MUNETSUKI KOSHINAGE	ASU JO KATA 1-3
FORWARD ROLL BACKWARD ROLL	SHOMENUCHI IKKYO		KOKYU TANDEN HO	MUNETSUKI HIJINAGE (UDEKIME)	YOKOMENUCHI SOKOMEN IRIMINAGE		HANMI HANDACHI KATATE DORI SHIHONAGE	
				OMOTE AND URA ON ALL APPROPRIATE TECHNIQUES	RYOTE DORI SHIHONAGE		HANMI HANDACHI RYOTE DORI SHIHONAGE	
					KATATE DORI RYOTE- MOCHI KOKYU TANDEN HO		HANMI HANDACHI SHOMENUCHI IKKYO	
							HANMI HANDACHI KATA DORI IKKYO	
							HANMI HANDACHI YOKOMENUCHI IKKYO	