


5° Kyu (Faixa amarela)		
1.	Mae kaiten ukemi	TF
2.	Ushiro kaiten ukemi	TF
3.	Ushiro hanten ukemi	TF
4.	Tenkan-ho atrás	TS
5.	Tenkan-ho frente	TS
6.	Aihanmi katate-tori dai-itikyo omote	TS
7.	Aihanmi katate-tori dai-itikyo ura	TS
8.	Aihanmi katate-tori shiho-nague omote	TS
9.	Aihanmi katate-tori shiho-nague ura	TS
10.	Shomen-uti dai-itikyo omote	TF
11.	Shomen-uti dai-itikyo ura	TF
12.	Shomen-uti Irimi-nague omote	TF
13.	Shomen-uti Irimi-nague ura	TF
14.	Suwari-waza kokyuho	TS
4° Kyu (Faixa roxa)		
1.	Suwari-waza shomen-uti dai-itikyo omote	TF
2.	Suwari-waza shomen-uti dai-itikyo ura	TF
3.	Kata-sode tori dai-nikyo omote	TS
4.	Kata-sode tori dai-nikyo ura	TS
5.	Kata-dori dai-sankyo omote	TF
6.	Kata-dori dai-sankyo ura	TF
7.	Gyakuhanmi katate-tori dai-yonkyo omote	TS
8.	Gyakuhanmi katate-tori dai-yonkyo ura	TS
9.	Gyakuhanmi katate-tori irimi-nague omote	TF
10.	Gyakuhanmi katate-tori irimi-nague ura	TF
11.	Gyakuhanmi katate-tori shiho-nague omote	TS
12.	Gyakuhanmi katate-tori shiho-nague ura	TS
13.	Tati-waza kokyuho	TS
3° Kyu (Faixa verde)		
1.	Suwari-waza shomen-uti dai-sankyo omote	TF
2.	Suwari-waza shomen-uti dai-sankyo ura	TF
3.	Suwari-waza katadori dai-yonkyo omote	TS
4.	Suwari-waza katadori dai-yonkyo ura	TS
5.	Yokomen uti kirioroshi shiho-nague omote	TF
6.	Yokomen uti kirikaeshi shiho-nague ura	TF
7.	Yokomen uti kirikaeshi irimi-nague omote	TF
8.	Yokomen uti kirioroshi irimi-nague ura	TF
9.	Muna tori dai-nikyo omote	TS
10.	Muna tori dai-nikyo ude-hishigui	TS
11.	Shomen tsuki dai-itikyo omote	TF
12.	Shomen tsuki dai-itikyo ura	TF
13.	Shomen tsuki kotegaeshi omote	TF
14.	Shomen tsuki kotegaeshi ura	TF
15.	Hanmi-handati gyakuhanmi katate-tori shiho-nague omote	TS
16.	Hanmi-handati gyakuhanmi katate-tori shiho-nague ura	TS
TS → Técnica sólida TF → Técnica flexível		

2° Kyu (Faixa azul)		
1.	Ushiro-kubi-shime tenkan-otoshi	TS
2.	Ushiro-kubi-shime dai-itikyō omote	TS
3.	Ushiro-ryokata tori dai-sankyō omote	TS
4.	Ushiro-ryokata tori dai-sankyō ura	TS
5.	Ushiro-ryote tori dai-yonkyō omote	TS
6.	Ushiro-ryote tori dai-yonkyō ura	TS
7.	Ushiro-kubi-shime dai-nikyō ura	TF
8.	Ushiro-kubi-shime irimi-nague ura	TF
9.	Ushiro-ryokata tori kotegaeshi	TF
10.	Ushiro-ryote tori kotegaeshi	TF
11.	Ushiro-ryote tori shiho-nague omote	TF
12.	Ushiro-ryote tori jyu-jigarami-nague	TF
13.	Ryote-tori tenti-nague omote	TS
14.	Ryote-tori tenti-nague ura	TS
15.	Shomen-tsuki Irimi-nague omote	TF
16.	Shomen-tsuki Irimi-nague ura	TF
17.	Gyakuhanmi katate-tori uti-mawashi kaiten-nague omote	TS
18.	Gyakuhanmi katate-tori uti-mawashi kaiten-nague ura	TS
19.	Gyakuhanmi katate-tori soto-mawashi kaiten-nague ura	TF
20.	Aihanmi katate-tori jiyu-waza (10 Wazas)	TF
1° Kyu (Faixa marrom)		
1.	12 Wazas do 5° ao 2° Kyu (escolhidos pela bancada)	
2.	Katate-ryote moti koshi-nague	TS
3.	Katate-ryote moti mae-kaiten dai-itikyō ura	TS
4.	Shomen-uti shiho-nague omote	TF
5.	Shomen-tsuki shiho-nague ura	TF
6.	Katate-ryote-moti jiyu-waza (15 Wazas)	TF
1° Dan (Faixa preta)		
1.	20 Wazas do 5° ao 1° Kyu (escolhidos pela bancada)	
2.	Tanto-tori yokomen-uti kirikaeshi dai-gokyō ura	TF
3.	Tanto-tori shomen-tsuki dai-gokyō omote	TF
4.	Tanto-tori shomen-tsuki kotegaeshi	TF
5.	Tanto-tori shomen-tsuki ude-hishigui	TF
6.	Ken Suburi 1 à 7	
7.	Jo Suburi 1 à 20	
8.	Jo 31	
9.	Katate-tori jiyu-waza (20 Wazas)	TF
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