

1º Kyu (Faixa marrom)		
1.	12 Wazas do 5º ao 2º Kyu (escolhidos pela bancada)	
2.	Katate-ryote moti koshi-nague	TS
3.	Katate-ryote moti mae-kaiten dai-itikyo 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
Lista de Wazas		
	Tenkan-ho atrás	TS
	Tenkan-ho frente	TS
	Aihanmi katate-tori dai-itikyo omote	TS
	Aihanmi katate-tori dai-itikyo ura	TS
	Aihanmi katate-tori shiho-nague omote	TS
	Aihanmi katate-tori shiho-nague ura	TS
	Shomen-uti dai-itikyo omote	TF
	Shomen-uti dai-itikyo ura	TF
	Shomen-uti Irimi-nague omote	TF
	Shomen-uti Irimi-nague ura	TF
	Suwari-waza kokyuho	TS
	Suwari-waza shomen-uti dai-itikyo omote	TF
	Suwari-waza shomen-uti dai-itikyo ura	TF
	Kata-sode tori dai-nikyo omote	TS
	Kata-sode tori dai-nikyo ura	TS
	Kata-dori dai-sankyo omote	TF
	Kata-dori dai-sankyo ura	TF
	Gyakuhanmi katate-tori dai-yonkyo omote	TS
	Gyakuhanmi katate-tori dai-yonkyo ura	TS
	Gyakuhanmi katate-tori irimi-nague omote	TF
	Gyakuhanmi katate-tori irimi-nague ura	TF
	Gyakuhanmi katate-tori shiho-nague omote	TS
	Gyakuhanmi katate-tori shiho-nague ura	TS
	Tati-waza kokyuho	TS
	Suwari-waza shomen-uti dai-sankyo omote	TF
	Suwari-waza shomen-uti dai-sankyo ura	TF
	Suwari-waza katadori dai-yonkyo omote	TS
	Suwari-waza katadori dai-yonkyo ura	TS
	Yokomen uti kirioroshi shiho-nague omote	TF
	Yokomen uti kirikaeshi shiho-nague ura	TF
	Yokomen uti kirikaeshi irimi-nague omote	TF
	Yokomen uti kirioroshi irimi-nague ura	TF
	Muna tori dai-nikyo omote	TS
	Muna tori dai-nikyo ude-hishigui	TS
	Shomen tsuki dai-itikyo omote	TF
	Shomen tsuki dai-itikyo ura	TF
	Shomen tsuki kotegaeshi omote	TF
	Shomen tsuki kotegaeshi ura	TF
	Hanmi-handati gyakuhanmi katate-tori shiho-nague omote	TS

	Hanmi-handati gyakuhanmi katate-tori shiho-nague ura	TS
	Ushiro-kubi-shime tenkan-otoshi	TS
	Ushiro-kubi-shime dai-itikyo omote	TS
	Ushiro-ryokata tori dai-sankyo omote	TS
	Ushiro-ryokata tori dai-sankyo ura	TS
	Ushiro-ryote tori dai-yonkyo omote	TS
	Ushiro-ryote tori dai-yonkyo ura	TS
	Ushiro-kubi-shime dai-nikyo ura	TF
	Ushiro-kubi-shime irimi-nague ura	TF
	Ushiro-ryokata tori kotegaeshi	TF
	Ushiro-ryote tori kotegaeshi	TF
	Ushiro-ryote tori shiho-nague omote	TF
	Ushiro-ryote tori jyuigarami-nague	TF
	Ryote-tori tenti-nague omote	TS
	Ryote-tori tenti-nague ura	TS
	Shomen-tsuki Irimi-nague omote	TF
	Shomen-tsuki Irimi-nague ura	TF
	Gyakuhanmi katate-tori uti-mawashi kaiten-nague omote	TS
	Gyakuhanmi katate-tori uti-mawashi kaiten-nague ura	TS
	Gyakuhanmi katate-tori soto-mawashi kaiten-nague ura	TF
TS → Técnica sólida TF → Técnica flexível		