

SESTO KYU

Kokkyu (respirazione)

Taisabaki Tenkan, Irimi-tenkan
Okuri-ashi, Tsugi-ashi, Ayumi-ashi

Ukemi Mae-ukemi, Giaku-ukemi, Ushiro-ukemi

Tachiwaza Katatetori *Ahianmi* Ikkio *omote/ura*
Katatetori *Ahianmi* Shionage *omote/ura*
Katatetori *Ahianmi* Iriminage
Katatetori *Ahianmi* Kotegaeshi
Katatetori TenchinageSuwariwaza Ahianmi Ikkio *omote/ura*
Ryotetori Kokyu Ho

QUINTO KYU	Minimo tre mesi, 30 ore di allenamento e uno stage	
	Kokkyu, Taisabaki, Ukemi (come per VI Kyu)	
Tachiwaza	Katatetori <i>Ahianmi</i>	Ikkio <i>omote/ura</i>
	Katatetori <i>Ahianmi</i>	Shionage <i>omote/ura</i>
	Katatetori <i>Ahianmi</i>	Iriminage
	Katatetori <i>Ahianmi</i>	Kotegaeshi
	Katatetori	Shionage <i>omote/ura</i>
	Katatetori	Tenchinage
	Shomenuchi	Ikkio <i>omote/ura</i>
	Shomenuchi	Nikio <i>omote/ura</i>
	Shomenuchi	Iriminage
Suwariwaza	Shomenuchi	Ikkio <i>omote/ura</i>
	Ryotetori	Kokyu Ho

QUARTO KYU Minimo quattro mesi, 60 ore di allenamento e due stages

Tachiwaza	Katatetori <i>Ahianmi</i>	Nikyo <i>omote/ura</i>
	Katatetori <i>Ahianmi</i>	Uchikaitensankyo
	Katatetori <i>Ahianmi</i>	Udekimenage <i>omote/ura</i>
	Katatetori	Ikkyo <i>omote/ura</i>
	Katatetori	Nikyo <i>omote/ura</i>
	Katatetori	Udekimenage
	Katatetori	Sokumen Iriminage
	Katatori	Ikkyo <i>omote/ura</i>
	Katatori	Nikyo <i>omote/ura</i>
	Ryotetori	Shihonage <i>omote/ura</i>
	Ryotetori	Udekimenage
	Ryotetori	Tenchinage <i>omote/ura</i>
	Katatoryotetori	Kokyunage <i>omote/ura</i>
	Shomenuchi	Uchikaitensankyo
	Shomenuchi	Kotegaeshi
	Yokomenuchi	Shihonage <i>omote/ura</i>
Yokomenuchi	Udekimenage	
Chudantsuki	Iriminage	
Chudantsuki	Kotegaeshi	
Jodantsuki	Ikkyo <i>omote/ura</i>	
Ushirowaza	Ryotetori	Sankyo <i>omote/ura</i>
Suwariwaza	Shomenuchi	Nikyo <i>omote/ura</i>
	Shomenuchi	Iriminage

TERZO KYU	Minimo cinque mesi, 90 ore di allenamento e due stages	
Tachiwaza	Katatetori Katatetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Katateryotetori Ryotetori Ryotetori Ryotetori Shomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Yokomenuchi Chudantsuki	Uchikaitennage <i>omote/ura</i> Sotokaitennage Ikkyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> est. Nikyo <i>omote/ura</i> est. Kotegaeshi Shihonage <i>omote/ura</i> Kokyu ho Udekimenage Ikkyo <i>omote/ura</i> Kokyunage Sankyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> est. Nikyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Kotegaeshi Iriminage Tenchinage Hijikimeosae
Ushiwaza	Ryotetori Ryotetori Ryotetori Ryotetori Ryotetori Ryotetori	Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Kotegaeshi Shihonage <i>omote/ura</i> Iriminage Udekimenage
Suwariwaza	Katatetori Katatetori Katatori Katatori Shomenuchi Shomenuchi Shomenuchi	Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Ikkyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Nikyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Kotegaeshi
Hanmihantachiwaza	Katatetori Katatetori Shomenuchi	Shihonage <i>omote/ura</i> Uchikaitennage <i>omote/ura</i> Iriminage

SECONDO Minimo sei mesi, 100 ore di allenamento e tre stages
KYU

Tachiwaza	Katatetori <i>Aihanmi</i>	Koshinage
	Katatetori	Sankyo <i>omote/ura</i> est.
	Katatetori	Yonkyo <i>omote/ura</i>
	Katatetori	Sumiotoshi
	R yotetori	Kotegaeshi
	Ryotetori	Iriminage
	Ryotetori	Kokyunage
	Katateriyotetori	Iriminage
	Shomenuchi	Yonkyo <i>omote/ura</i>
	Shomenuchi	Gokyo
	Shomenuchi	Shihonage <i>omote/ura</i>
	Shomenuchi	Uchikaitennage
	Shomenuchi	Sotokaitennage
	Yokomenuchi	Yonkyo <i>omote/ura</i>
	Yokomenuchi	Gokyo
	Katatori Menuchi	Ikkyo <i>omote/ura</i>
	Katatori Menuchi	Nikyo <i>omote/ura</i>
	Katatori Menuchi	Sankyo <i>omote/ura</i> est.
	Katatori Menuchi	Shihonage
	Katatori Menuchi	Kotegaeshi
	Chudantsuki	Shihonage
	Chudantsuki	Iriminage dir. est. int.
	Chudantsuki	Sankyo <i>omote/ura</i>
	Chudantsuki	Uchikaitensankyo
	Jodantsuki	Nikyo <i>omote/ura</i>
	Jodantsuki	Sankyo <i>omote/ura</i>
	Jodantsuki	Hijikimeosae
Ushiwaza	Ryokatatori	Ikkyo <i>omote/ura</i>
	Ryokatatori	Nikyo <i>omote/ura</i>
	Ryokatatori	Sankyo <i>omote/ura</i>
	Ryokatatori	Sokumen Iriminage
	Ryokatatori	Aikiotoshi
Suwariwaza	Shomenuchi	Yonkyo <i>omote/ura</i>
	Shomenuchi	Kotegaeshi
Hanmihanta- chiwaza	Katatetori	Sotokaitennage

PRIMO KYU	Minimo otto mesi, 110 ore di allenamento, tre stages, e uno stage nazionale	
Tachiwaza	Katateriyotetori Munetori Munetori Menuchi Shomenuchi Yokomenuchi Chudantsuki Chudantsuki Jodantsuki Jodantsuki Jodantsuki Jodantsuki Jodantsuki Jodantsuki	Jujigarami Shihonage Koshinage Juyuwaza Juyuwaza Ikkyo <i>omote/ura</i> Sotokaitennage Yonkyo <i>omote/ura</i> Iriminage Shihonage Sotokaitennage Ushirokiriotoshi Koshinage
Ushiwaza	Ryotetori Ryotetori Ryotetori Ryotetori Ryokatatori Ryokatatori Katatetori Kubishime Katatetori Kubishime Katatetori Kubishime Katatetori Kubishime Eritori Eritori Eritori Eritori	Yonkyo <i>omote/ura</i> Kokyunage Koshinage Hijikimeosae Iriminage Kotegaeshi Ikkyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Shihonage Hijikimeosae Ikkyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Kotegaeshi Koshinage
Suwariwaza	Shomenuchi Katatori Katatori Katatori Katatori Menuchi Katatori Menuchi Chudantsuki Jodantsuki	Juyuwaza Nikyo <i>omote/ura</i> Sankyo <i>omote/ura</i> Yonkyo <i>omote/ura</i> Iriminage Kotegaeshi Kotegaeshi Ikkyo <i>omote/ura</i>
Hanmihantachiwaza	Katatetori Ryotetori	Ikkyo <i>omote/ura</i> Shihonage <i>omote/ura</i>