

examen pour le grade	5° kyu	4° kyu	3° kyu	2° kyu	1° kyu	sho dan	ni dan	san dan	yo dan
temps de pratique	100 Heures et/ou 5 mois	120 Heures et/ou 6 mois depuis le 5° Kyu	170 Heures et/ou 8 mois depuis le 4° Kyu	210 Heures et/ou 10 mois depuis le 3° Kyu	260 Heures et/ou 12 mois depuis le 2° Kyu	260 Heures et/ou 12 mois depuis le 1° Kyu	550 Heures et/ou 2 ans depuis le 1° Dan	825 Heures et/ou 3 ans depuis le 2° Dan	1100 Heures et/ou 4 ans depuis le 3° Dan
ikkyo	-shomen uchi	-shomen uchi (TW-SW) -katate dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori	Toutes les techniques précédentes plus Tanto dori Jo dori et Futarigake	Toutes les techniques précédentes plus Tanto dori Jo dori Tachi doro	Toutes les techniques précédentes plus Tanto dori Jo dori Tachi doro Taninzugake
nikkyo		-shomen uchi (TW-SW) -kata dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori			
sankyo			-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori			
yonkyo				-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori			
gokyo					-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -tsuki	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -tsuki			
tenchi nage	-ryote dori	-ryote dori -katate dori	-ryote dori -katate dori -kata dori men uchi	-ryote dori -katate dori -kata dori men uchi	-ryote dori -katate dori -kata dori men uchi	-ryote dori -katate dori -kata dori men uchi			
irimi nage	-shomen uchi	-shomen uchi (TW-HW-SW) -ai hammi katate dori -katate dori	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori -katate dori -kata dori -tsuki	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime			
kote gaeshi	-shomen uchi	-shomen uchi (TW-HW-SW) -ai hammi katate dori -katate dori	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW) -katate dori (TW-HW) -kata dori -tsuki	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki	-shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime			
shiho nage	-katate dori	-ai hammi katate dori -yokomen uchi -katate dori (TW - HW)	-shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW) -katate dori (TW-HW)	-shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW)	-shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -ushiro eri dori	-shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -ushiro Kubi Shime -muno dori			
kaiten nage		-katate dori	-katate dori (TW-HW) -kata dori	-shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW)	-shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW) -kata dori	-shomen uchi -ai hammi katate dori -katate dori (TW-HW) -kata dori -ryote dori (TW-UW)			
kokyu nage	-katate dori	-katate dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW)	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime			
koshi nage				-ryote dori (TW-UW) -katate dori -morote dori	-shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -morote dori -ushiro eri dori	-shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime			
kokyu ho	-seiza ryote dori	-seiza ryote dori	-seiza ryote dori	-seiza ryote dori	-seiza ryote dori	-seiza ryote dori			
ude garami			-katate dorie	-katate dori (TW-HW) -ryote dori (TW-UW)	-shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW) -ushiro eri dori	-shomen uchi -katate dori (TW-HW) -kata dori -ryote dori (TW-UW) -ushiro Eri dori			
ude kime nage			-ai hammi katate dori	-yokomen uchi -ai hammi katate dori	-shomen uchi -yokomen uchi -ai hammi katate dori -ryote dori (TW-UW) -morote dori -ushiro eri dori	-shomen uchi -yokomen uchi -ai hammi katate dori -ryote dori (TW-UW) -morote dori -ushiro eri dori			
juji garami				-morote dori -ryote dori (UW)	-morote dori -ryote dori (UW) -kata dori men uchi	-morote dori -ryote dori (UW) -kata dori men uchi -ushiro kubi shime			
hiji kime osae				-shomen uchi -yokomen uchi -ryote dori -katate dori -kata dori	-shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -kata dori (TW-UW)	-shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -kata dori (TW-UW)			
sumi otoshi				-katate dori	-katate dori -kata dori	-katate dori -kata dori			
kiri otoshi				-ai hammi katate dori	-shomen uchi -ai hammi katate dori	-katate dori -kata dori			