

一級初段 1^{er} kyū et 1^{er} dan

座技法 SUWARI WAZA

Yokomen uchi	Ikkyō
	Nikyō
	Sankyō
	Yonkyō
	Gokyō
	Iriminage
Ryōkata dori	Kotegaeshi
	Ikkyō
	Nikyō ura
Kata dori men uchi	Kokyūnage
	Ikkyō
Chūdan tsuki	Iriminage
	Kotegaeshi
	Sotokaitennage
Jōdan tsuki	Ikkyō
	Nikyō ura

半身半立技法 HANMI HANDACHI WAZA

Katate dori	Ikkyō
	Shihōnage
	Kaitennage
Ryōte dori	Kokyūnage
	Shihōnage
Ushiro waza, Ryōkata dori	Kokyūnage
	Ikkyō
	Sankyō
	Kotegaeshi
	Kokyūnage

.../... 1^{er} kyū et 1^{er} dan

站立技法 TACHI WAZA

Shōmen uchi	Ikkyō	
	Nikyō	
	Sankyō	
	Iriminage	
	Kotegaeshi	
Katate ryōte dori	Ikkyō	
	Nikyō	<i>ura, aihanmi et gyakuhanmi</i>
	Kotegaeshi	
	Koshinage	
	Kokyūnage	
Ryōte dori	Ikkyō	
	Iriminage	
	Tenshinage	
	Koshinage	
	Kokyūnage	
Muna dori	Nikyō ura	
	Uchikaitensankyō	
	Shihōnage	
Kata dori men uchi	Ikkyō	<i>omote et ura</i>
	Iriminage	
	Shihōnage	
	Kotegaeshi	
	Koshinage	<i>2 formes</i>
Chūdan tsuki	Jiyūwaza	

后技 USHIRO WAZA

Ryōte dori	Ikkyō	
	Iriminage	
	Kotegaeshi	
	Shihōnage	
	Kokyūnage	
Ryōkata dori	Ikkyō	
	Nikyō ura	
	Sankyō	
	Kotegaeshi	
	Kokyūnage	

.../... 1^{er} kyū et 1^{er} dan

Ryōhiji dori	Kotegaeshi Sankyō	
Katate dori kubi shime	Kotegaeshi Shihōnage	
Eri dori	Ikkyō Iriminage	
短刀取 TANTO DORI		
Chūdan tsuki	Jiyūwaza	<i>3 techniques minimum</i>
Shōmen uchi	Gokyō	<i>attaque gyakute</i>
Yokomen uchi	Shihōnage Kotegaeshi	<i>attaque honte</i> <i>attaque honte</i>
杖取 JO DORI		
Tsuki	Jiyūwaza	<i>3 formes</i>
杖投 JO NAGE		
Ryōte dori	Jiyūwaza	<i>3 formes</i>
組杖 KUMI JO		
Tsuki	Irimi Jōdan gaeshi	<i>uchi</i> <i>soto</i>
太刀取 TACHI DORI		
Shōmen uchi	Jiyūwaza	<i>2 techniques minimum</i>
組太刀 KUMI TACHI		
Shōmen uchi	Irimi Kirikaeshi Tsuki	<i>uchi</i> <i>soto</i> <i>choku</i>
乱捕り RAN DORI		
Ryōkata dori	Jiyūwaza	<i>4 partenaires</i>