

Zkušební řád 6. KYU

TACHIWAZA		
Shōmenuchi Kiawase	1	Iriminage
	2	Kotegaeshi
Katatetori Aihanmi	3	Ikkyō Omote
	4	Ikkyō Ura
Katatetori Gyakuhanmi	5	Shihōnage Omote
	6	Shihōnage Ura
Ryōteteri	7	Tenchinage
	8	Genkeikokyūnage

Zkušební řád 5. KYU

TACHIWAZA			
Shōmenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
	3	Ikkyō Omote	
	4	Ikkyō Ura	
	5	Sumiotoshi	
	6	Uchikaitennage	
Katatetori Aihanmi	7	Ikkyō Omote	
	8	Ikkyō Ura	
	9	Nikyō Omote	
	10	Nikyō Ura	
	11	Iriminage	
	12	Kotegaeshi	
Katatetori Gyakuhanmi	13	Shihōnage Omote	
	14	Shihōnage Ura	
	15	Tenchinage	
	16	Genkeikokyūnage	
	17	Uchikaitennage	
	18	Sotokaitennage	
Ryōteteri	19	Tenchinage	
	20	Genkeikokyūnage	
	21	Shihōnage Omote	
	22	Shihōnage Ura	
Chūdantsuki	23	Ikkyō (Gokyō)	Uchisabaki
	24	Kotegaeshi	Sotosabaki

Zkušební řád 4. KYU

SUWARIWAZA			
Shōmenuchi Kiawase	1	Ikkyō Omote	
	2	Ikkyō Ura	
TACHIWAZA			
Shōmenuchi Kiawase	3	Ikkyō Omote	
	4	Ikkyō Ura	
	5	Nikyō Omote	
	6	Nikyō Ura	
Katatetori Aihanmi	7	Ikkyō Ura	Kakarigeiko (2 Uke)
	8	Shihōnage Omote	
	9	Shihōnage Ura	
	10	Iriminage	
	11	Kotegaeshi	
	12	Udekimenage	
	13	Uchikaitennage	
Katatetori Gyakuhanmi	14	Ikkyō Omote	
	15	Ikkyō Ura	
	16	Kotegaeshi	
	17	Iriminage	
Ryōteteri	18	Shihōnage Omote	
	19	Shihōnage Ura	
	20	Tenchinage	
	21	Genkeikokyūnage	
	22	Udekimenage	
	23	Kiriotoshi (Chinshin)	
Katate Ryōteteri	24	Udekimenage	Kigata
Ushiro Ryōteteri	25	Kotegaeshi	Kigata
	26	Kotegaeshi	
Katatori Menuchi	27	Shihōnage	
	28	Kotegaeshi	
Yokomenuchi	29	Shihōnage	
	30	Shihōnage	
	31	Iriminage	
	32	Kotegaeshi	

Zkušební řád 3. KYU

SUWARIWAZA			
Shōmenuchi Kiawase	1	Ikkyō Omote/Ura	
	2	Nikyō Omote/Ura	
	3	Iriminage	do Osae
Katatetori Gyakuhanmi	4	Shihōnage	Hanmi Hantachi
TACHIWAZA			
Shōmenuchi Kiawase	5	Iriminage	
	6	Kotegaeshi	
	7	Sumiotoshi	
	8	Aikigoshi	
	9	Shihōnage	
	10	Udekimenage	
	11	Uchikaitennage	
	12	Ikkyō Ura	Kakarigeiko (3 Uke)
	Katatetori Aihanmi	13	Ikkyō Omote/Ura
		14	Nikyō Omote/Ura
		15	Sankyō Omote/Ura
	Katatetori Gyakuhanmi	16	Shihōnage
17		Uchikaitensankyō	
18		Uchikaitensankyō	
Ryōteteri	19	Shihōgirikokyūnage	Irimi Tenkan Sabaki
	20	Torifunekokyūnage	Irimi Tenkan Sabaki
Katate Ryōteteri	21	Genkeikokyūnage	Tanren Tenkan Sabaki
	22	Kiriotoshi	Kigata
	23	Maeotoshi	Kigata
	24	Hikiotoshi	Kigata
	25	Kotegaeshi	Kigata
Ushiro Ryōteteri	26	Tenchinage	
	27	Genkeikokyūnage	
Katatori Menuchi	28	Iriminage	
	29	Ikkyō	
Yokomenuchi	30	Kotegaeshi	Ushiroashi Irimi Tenkan
	31	Ikkyō	Kiriotoshi
	32	Ipponseoi	Sankakutai

Zkušební řád 2. KYU

SUWARIWAZA			
Shōmenuchi Kiawase	1	Ikkyō Omote/Ura	
	2	Sankyō Omote/Ura	
	3	Kotegaeshi	do Osae
TACHIWAZA			
Shōmenuchi Kiawase (Uke: Maeashi Irimi Shōmenuchi)	4	Iriminage	základ a variace (teorie Kotegaeshi)
	5	Kotegaeshi	základ a variace (teorie Iriminage)
	6	Sumiotoshi	základ a variace
	7	Ikkyōgoshi	z Ikkyō Kuzushi
	8	Shihōnage	do Osae
	9	Ikkyō Ura	Taninzutori
Katatetori Aihanmi	10	Iriminage	Tenkan Sabaki
	11	Kotegaeshi	z Ikkyō Kuzushi
	12	Nikyō Ura – Kotegaeshi	Renraku- henka- Waza
	13	Sankyō	
Katatetori Gyakuhanmi	14	Sankyō	
Ryōteteri	15	Kotegaeshi	Ushiroashi Irimi Tenkan
	16	Iriminage	a Maeashi Irimi Tenkan
Katate Ryōteteri	17	Kaitenotoshi	
	18	Kotegaeshi	Tanren
	19	Iriminage	základ a variace
Ushiro Ryōteteri	20	Ikkyō	
	21	Nikyō	
	22	Shihōnage	
Katatori Menuchi	23	Kotegaeshi	2 formy: doleva a doprava
	24	Shihōnage	
	25	Genkeikokyūnage	
	26	Hijikime Osae Omote/Ura	
Chūdantsuki	27	Iriminage	
	28	Udekimenage	Ushiroashi Irimi Tenkan
Yokomenuchi	29	Kotegaeshi	Makiotoshi
	30	Jiyūwaza	
	31	Ikkyō až Yonkyō	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi: Ura
Chūdantsuki	32	Ikkyō až Yonkyō	Ushiroashi Irimi Tenkan Tenshin: pouze Omote

Zkušební řád 1. KYU

SUWARIWAZA				
Shōmenuchi Kiawase	1	Ikkyō Omote/Ura		
	2	Yonkyō Omote/Ura		
	3	Gyakuyonkyō Omote/Ura		
	3	Udegarami	do Osae	
TACHIWAZA				
Shōmenuchi	4	Iriminage	1. Tori: Ushiroashi Irimi Tenkan Sabaki, postavení stále pravé nebo stále levé 2. Uke: útok pravou nebo levou	
	5	Kotegaeshi	1. Sankakutai Sabaki 2. Ura Sankakutai Sabaki (Hitoemi Sabaki)	
	6	Aikiotoshi	Maeotoshi, Ushirootoshi	
	7	Sankyōgoshi	z Ikkyō Kuzushi	
	8	Shihōnage	1. základ 2. variace	
	9	Iriminage	Taninzutori	
	Katatetori Aihanmi	10	Ikkyō Omote	Nikyō- a Sankyō-Kuzushi
		11	Aikigoshi a Kaitennage	Irimi Tenkan Sabaki
	Katatetori Gyakuhanmi	12	Aikigoshi a Kaitennage	Tenkan Sabaki
Ryōteteri	13	Shihōnage	ruzné	
	14	Tenchinage		
	15	Genkeikokyūnage		
Katate Ryōteteri	16	Jyūjigarami		
	17	Jyūjigarami --- Kotegaeshi	Renrakuhenka-Waza	
	18	Jyūjigarami --- Iriminage		
Ushiro Ryōteteri	19	Kokyūnage	ruzné formy s Ushiroashi Irimi Tenkan Sabaki	
	20	Sankyō		
	21	Yonkyō		
Katatori Menuchi	22	Jyūjigarami		
	23	Ikkyō	Tenkan Tenshin	
	24	Iriminage	2 formy: doprava – doleva	
	25	Tenchinage		
Chūdantsuki	26	Sotokaitennage	(Udegarami-Nikyō Ura-Osae)	
	27	Udegarami Sankyōnage	(teorie Sankyō)	
	28	Udegarami Yonkyōnage	(teorie Yonkyō)	
Yokomenuchi	29	Shihōnage	Ushiroashi Irimi Tenkan	
	30	Iriminage	Kiriotoshi Sabaki	
	31	Jiyūwaza		
Chūdantsuki	32	Ikkyō až Yonkyō	1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Maeashi Irimi: Ura	
	Katatetori Aihanmi	33	Ikkyō až Yonkyō	Maeashi Irimi: Omote

Zkušební řád 1.DAN

SUWARIWAZA		
Shōmenuchi Kiawase	1	Ikkyō až Yonkyō Omote/Ura
	2	Jiyūwaza
TACHIWAZA		
Shōmenuchi Kiawase	3	Iriminage a Tenchinage (variace)
	4	Kotegaeshi základ a variace, padání
	5	Aikigoshi základ a variace, Hikitsuke
	6	Sumiotoshi základ a variace
	7	Udegarami Nageosae
	8	Jiyūwaza
	9	Ikkyō 1. Ushiroashi Irimi Tenkan Tenshin: Ura 2. Tenkan Tenshin: Omote
Katatori Aihanmi	10	Ikkyō 1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura
Katatori Gyakuhanmi	11	Iriminage a Kotegaeshi Tenkan Tenshin Sabaki
Katatori Aihanmi	12	Iriminage a Kotegaeshi Jōdan Sabaki
Katatori Gyakuhanmi	13	Jiyūwaza
Katatori Aihanmi	14	Jiyūwaza
Katatori Gyakuhanmi	15	Kokyūnage 1. Nentenmakiotoshi 2. Makiotoshi 3. jiné
Ryōteteri	16	Kokyūnage Taninzutori
Ryō Eritori	17	Shihōnage 1. Tanren, Tenkan Tenshin Sabaki: 1. Jyūjimusubi 2. Tekubigaeshi 2. Karamiosae, Tenkan Tenshin Sabaki 1. Kamihanen Sa. 2. Shimohanen Sa. (Tori: postavení stále pravá vpředu nebo levá vpředu, technika na obě strany)
Katate Ryōteteri	18	Jiyūwaza
Ushiro Ryōteteri	19	Chinshin Kokyūnage
	20	Koshinage
	21	Kotegaeshi různé
	22	Jiyūwaza
Katatori Menuchi	23	Ikkyō 1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura 3. Tenkan Tenshin Uchinote: Omote 4. Tenkan Tenshin Katanote: Omote
	24	Jiyūwaza Tenkan Tenshin Sabaki
Chūdantsuki	25	Uchikaitensankyō Ura Sabaki
	26	Shihōnage Omote Sabaki
	27	Jiyūwaza
Yokomenuchi	28	Teguruma
	29	Shihōnage 1. Tori: Maeashi Tenkan, Mikiri Sabaki, potom Ushiroashi Irimi Tenkan
	30	Kotegaeshi 2. Uke: útok pravou-levou nebo pravou-pravou (Gyaku-Yokomenuchi)
	31 A	Ikkyō až Gokyō 1. Ushiroashi Irimi Tenkan, Tatakotoshi: Omote 2. Maeashi Irimi Irimi, Tatakotoshi: Ura
		NEBO:
Shōmenuchi	31 B	Ikkyō až Gokyō 1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura
Tantō	32	Tantōtori

Zkušební řád 2.DAN

TACHIWAZA		
Ushiro Ryōteteri	1	Ikkyō až Yonkyō 1. Tenshin Maeashi Irimi: Omote 2. Tenshin Maeashi Irimi: Ura
Shōmenuchi	2	Seoiguruma a Ipponseoi
	3	Chinshin Kurumagaeshi a Aikiotoshi
	4	Koshiguruma a Aikigoshi
	5	Jiyūwaza
	6	Ikkyō 1. Tori: postavení stále pravá nebo levá vpředu, Maeashi Irimi Irimi Sabaki 2. Uke: volný útok
	7	Kotegaeshi a Ikkyō Tori: Ushiroashi Irimi Tenkan Sabaki
	8	Jiyūwaza
Shōmenuchi Kiawase	9	Yonkyōgoshi a Aikigoshi Tenkan Tenshin Sabaki a Irimi Tenkan Tenshin Sabaki
Katatori Aihanmi	10	Makiotoshi Koshinage a Aikigoshi Irimi Tenkan Sabaki a Tenkan Tenshin Sabaki
Katatori Gyakuhanmi	11	Iriminage a Shihōnage Ushiroashi Irimi Tenkan Tenshin, Jōdan Sabaki (pro Gyakuhanmi: Tekubigaeshi)
Katatori Aihanmi	12	Iriminage a Shihōnage různé
Katatori Gyakuhanmi	13	Kokyūnage různé
Katatori Aihanmi	14	Jiyūwaza
Ryōteteri	15	Iriminage a Kotegaeshi s různým Taisabaki
	16	Jiyūwaza
Katate Ryōteteri	17	Jyūjigarami Nage a Osae
	18	Udekimenage, potom různé Kokyūnage
Ushiro Ryōkatatori	19	Koshinage Tenshin Maeashi Irimi a Tenshin Ushiroashi Irimi
	20	Genkeikokyūnage Jōdan- a Chūdan-Kuzushi
	21	Ikkyō, poté Jiyūwaza
Ushiro Ryōteteri	22	Jiyūwaza
Katatori Menuchi	23	všechny 4 základní techniky (Ikkyō, Kotegaeshi, Iriminage, Shihōnage)
	24	Tenchinage a Genkeikokyūnage
Chūdantsuki	25	Iriminage a Kubijime
	26	Ikkyō --- Kotegaeshi Renraukenka-Waza
	27	Tenchinage, Genkeikokyūnage Taninzutori
Yokomenuchi	28	Shihōnage a Ikkyō 1. Ushiroashi Irimi Tenkan, Tatakotoshi 2. Maeashi Irimi, Chūdan Kuzushi
	29	Iriminage a Kotegaeshi 1. Maeashi Irimi, Jōdan Kuzushi 2. Ainuke
	30	Jiyūwaza
	31	Ikkyō až Yonkyō 1. Ushiroashi Irimi Tenkan Tenshin, Tatakotoshi: Omote 2. Maeashi Irimi, Ukenagashi: Ura
Tachi (Bokken)	32	Tachitori

Zkušební řád 3.DAN

TACHIWAZA		
Katatori Menuchi	1	Ikkyō až Yonkyō 1. Tenkan Tenshin, Uchinote: Omote 2. Tenkan Tenshin, Katanote: Omote
Shōmenuchi	2	Koshiguruma a Chinshin Koshiguruma
	3	Seoiguruma a Chinshin Handachi Seoiguruma
	4	Ipponseoinage a Teguruma
	5	Jiyūwaza
	6	Shihōnage Tenkan Tenshin Sabaki, Kamihanen a Shimohanen
Katatori Aihanmi	7	Kotegaeshi a Iriminage různé
Katatori Gyakuhanmi	8	Jiyūwaza
Ryōteteri	9	Jyūjimusubi Shihōnage různé
	10	Tekubigaeshi Shihōnage různé
	11	Torifune Kokyūnage potom jiné Kokyūnage
Munetori	12	Hijikime Osae poté Jiyūwaza
Katate Ryōteteri	13	Genkeikokyūnage Irimi Ashi, Tenshin Ashi, Tenkan Ashi
	14	Kaitenkokyūnage Futaritori
	15	Shihōnage
	16	Karamiosae (teorie Ikkyō až Yonkyō)
	17	Futaritori jiné
Ushiro Ryōteteri	18	Tenchinage a Genkeikokyūnage 1. Tenshin Maeashi Irimi, Jōdan a Chūdan 2. Tenshin Ushiroashi Irimi, Jōdan a Chūdan
Ushiro Kubijime	19	Shihōnage a Sankyō
	20	Jiyūwaza
Katatori Menuchi	21	Kokyūnage různé
	22	Jiyūwaza
Chūdantsuki	23	Iriminage a Kiritoshi
	24	Tenchinage a Genkeikokyūnage
	25	Jiyūwaza
Yokomenuchi	26	Iriminage a Kotegaeshi 1. Ushiroashi Irimi Tenkan, Tatakotoshi 2. Maeashi Irimi, Chūdan Kuzushi
	27	Shihōnage a Ikkyō 1. Maeashi Irimi, Jōdan Kuzushi 2. Ainuke
	28	Shihōnage, Kotegaeshi, jiné 1. Tori: Maeashi Irimi Tenkan, Mikiri Sabaki, potom Jiyūwaza 2. Uke: útok pravou-levou nebo pravou-pravou (Gyaku-Yokomenuchi)
	29	Jiyūwaza Taninzutori
Katatori Aihanmi	30	Ikkyō až Yonkyō 1. Tenkan Tenshin: Omote 2. Irimi Tenkan Tenshin: Ura
Katatori Gyakuhanmi	31	Ikkyō až Yonkyō 1. Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura
Buki	32	Bukitori (Tantōtori, Tachitori, Jōtori a Jōsabaki)

Zkušební řád 4.DAN

TACHIWAZA		
Yokomenuchi	1	Ikkyō až Yonkyō Omote, Ura Ushiroashi Irimi Tenkan, Kirioroshi
Shōmenuchi Kiawase	2	Ikkyōgoshi až Yonkyōgoshi Renraukenka-Waza
	3	Iriminage, Tenchinage, Kubijime
	4	Kotegaeshi, Genkeikokyūnage, Udehisigi
	5	Shihōnage, Udekimenage, Udekimekoshinage
	6	Ikkyō, Udegaraminage, Gyaku-Hijikimeosae pro Udegaraminage: teorie Sankyō
	7	Jiyūwaza
Jōdantsuki	8	Shihōnage, Furizukikokyūnage nebo Kokyūnage 1. Tori: Tenkan Tenshin Sabaki 2. Uke: normálně --- Shihōnage tlačení --- Furizukikokyūnage blokace --- Kokyūnage
Katatori Gyakuhanmi	9	Ikkyō Ikkyō- až Yonkyō-Kuzushi (Ikkyō Ura, tři různé Ikkyō Omote)
Katatori Aihanmi	10	Ikkyō, Iriminage Renraukenka-Waza, Tenkan Sabaki (Kamihanen, Shimohanen)
	11	Jiyūwaza
Katatori Gyakuhanmi	12	Jiyūwaza
Ryōteteri	13	Tenchinage, Genkeikokyūnage různé, potom Jiyūwaza
	14	Kaitenkokyūnage potom Jiyūwaza
Ryōeritori	15	Yonintori potom Taninzutori
Katate Ryōteteri	16	Kotegaeshi Kigata, Tanren: Kamihanen, Shimohanen (Tori se točí stále na stejnou stranu, technika doprava a doleva)
	17	Iriminage
	18	Kokyūnage různé
	19	Futaritori Jiyūwaza Tanren, Kigata
Ushiro Ryōkatatori	20	Chinshin Kokyūnage
	21	Iriminage, Kotegaeshi, Shihōnage, Ikkyō
	22	Genkeikokyūnage
Ushiro Hijitori	23	Jiyūwaza
Katatori Menuchi	24	Jiyūwaza 1. Maeashi Irimi 2. Ushiroashi Irimi 3. Tenkan Tenshin
Chūdantsuki	25	Ikkyō, Hijikimeosae, Uchikaiten Sankyō, Shihōnage, Udegarami vně nebo uvnitř
	26	Taninzutori s Furizuki Kokyūnage, Tenchinage, Genkeikokyūnage
Yokomenuchi	27	Kotegaeshi Ikkyō Maeashi Irimi (Hitoemi) Maeashi Irimi (Sankakutai) Ushiroashi Irimi (Hitoemi) Ushiroashi Irimi (Sankakutai)
	28	Shihōnage, Ikkyō Ainuke
	29	Jiyūwaza
	30	Ikkyō až Yonkyō Tenkan Tenshin Kamihanen: Omote Shimohanen: Ura
Katate Ryōteteri	31	Tachitori
Tachi	32	Aikiken