

1st Kyu: 60 Days of Practice		
Techniques:	Special	Jiyu Waza Tori Waza (Grabbing) Uchi Waza (Strikes) Mawashi Geri Osae
Suvari Waza	Shomen Uchi	Ikkyo
	Kata dori	Nikkyo
	Yokomen Uchi	Sankyo Gokyo Irimi Nage Kote Gaeshi
	Ryo Te dori	Kokyu ho
Hanmi Handachi	Gyakuhanmi Kata Te dori	Kaiten Nage Uchi Kaiten Nage Soto
	Ushiro Ryo Kata dori	Sankyo Kote Gaeshi Juji Garami Sokumen Irimi Nage Kokyu Nage
Tachi Waza	Shomen Uchi	Gokyo Uchi Kaiten Sankyo Koshi Nage Ude Garami
	Gyakuhanmi Kata Te dori	Koshi Nage Sumi Otoshi Ude Garami Ten Chi Nage
	Aihanmi Kata Te dori	Koshi Nage Ude Kime Nage
	Yokomen Uchi	Gokyo Uchi Kaiten Sankyo Ude Kime Nage
	Kata dori Menuchi	Ikkyo Nikkyo Sankyo Shiho Nage Irimi Nage Kote Gaeshi
	Ryo Te dori	Shiho Nage Ten Chi Nage

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Ryo Kata dori	Ikkyo Nikkyo Sankyo Kokyu Nage Sokumen Irimi Nage
Mune Dori	Nikkyo Sankyo Shiho Nage
Ushiro Kata Te dori Kubishime	Ikkyo Nikkyo Sankyo Shiho Nage Koshi Nage Sokumen Irimi Nage
Ushiro Eri dori	Ikkyo Shiho Nage Kote Gaeshi
Katate Ryo Te dori (Moro Te dori)	Juji Garami Sokumen Irimi Nage 2 Varianten
Chudan Tsuki	Nikkyo Sankyo Kote Gaeshi
Jodan Tsuki	Ikkyo Nikkyo Sankyo
Mae Geri	Ashi Barai (Irimi -> Enter)
Mawashi Geri	Ashi Barai (Irimi -> Enter)
Randori (Qualities)	Open Space
Weapons	Take Away: Tanto - 3x Shomen, 3x Yokomen, 3x Tsuki, 1x Ushiro

