

	5 kyu	3 kyu	1 kyu		
<b>Suwariwaza</b>		<i>Ikkyo</i>	<i>Ikkyo</i>		
Suwariwaza, Shomenuchi Kiawase		<i>Nikyo Omote/Ura</i>			
Suwariwaza, Shomenuchi Kiawase		<i>Iriminage</i>			
Suwariwaza, Shomenuchi Kiawase			<i>Yonkyo (Omote / Ura)</i>		
Suwariwaza, Shomenuchi Kiawase			<i>Gyakuyonkyo (Omote / Ura)</i>		
Suwariwaza, Shomenuchi Kiawase			<i>Udegarami (Do osae)</i>		
Suwariwaza, Katatetori Gyakuhanmi		<i>Shihonage (Hanmi Hantachi)</i>			
<b>Shomenuchi Kiawase, Yokomenuchi</b>			<i>Iriminage (1.Tori:Ushiroashi Irimi Tenkan Sabaki, Ставот секогаш десен или секогаш лев 2.Uke: Напад со десна или со лева рака)</i>	1	
	<i>Iriminage</i>	<i>Iriminage</i>	<i>Iriminage (Ushiroashi Irimi Tenkan Kirioroshi Sabaki)</i>		
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>		<i>Shihonage Omote/Ura</i>		3	
<b>Gyakuhanmi, K. Menuchi</b>		<i>Ikkyo</i>	<i>Ikkyo (Tenkan Tenshin 2 Форми, десна - лева )</i>	5	
	<b>bukiwaza</b>			6	
<b>Ryotetori, Ushiro Ryotetori</b>	<i>Genkeikokyunage</i>	<i>Genkeikokyunage</i>	<i>Genkeikokyunage (varijanti)</i>	8	
<b>Shomenuchi Kiawase, Yokomenuchi</b>		<i>Ipponseoi (Ushiroashi Irimi Tenkan Kirioroshi Sankakutai)</i>		10	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>			<i>Yonkyo (Maeashi Irimi: Omote)</i>	12	
	<b>bukiwaza</b>			13	
<b>Gyakuhanmi, K. Menuchi</b>			<i>Aikigoshi и Kaitennage (Tenkan Sabaki)</i>	15	
<b>Ryotetori, Ushiro Ryotetori</b>	<i>Shihonage Omote/Ura</i>		<i>Shihonage Omote (varijanti) i Shihonage Ura (varijanti)</i>	17	
		<i>Shihogirikokyunage (Irimi Tenkan Sabaki)</i>			
<b>Shomenuchi Kiawase, Yokomenuchi</b>	<i>Sumiotoshi</i>	<i>Sumiotoshi</i>		19	
	<i>Uchikaitennage</i>	<i>Uchikaitennage</i>			
		<i>Aikigoshi</i>			
	<b>bukiwaza</b>			20	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>			<i>Kokyunage (Варијанти со Ushiroashi Irimi Tenkan Sabaki)</i>	22	
<b>Gyakuhanmi, K. Menuchi</b>	<i>Genkeikokyunage</i>			24	
<b>Ryotetori, Ushiro Ryotetori</b>		<i>Torifunekokyunage (Irimi Tenkan Sabaki)</i>		26	
	<b>bukiwaza</b>			27	
<b>Shomenuchi Kiawase, Yokomenuchi</b>		<i>Shihonage</i>	<i>Shihonage (1. основно 2. варијација)</i>	29	
			<i>Shihonage (Ushiroashi Irimi Tenkan Kirioroshi Sabaki)</i>		
		<i>Udekimenage</i>			
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>	<i>Ikkyo Omote/Ura</i>	<i>Ikkyo Omote/Ura</i>	<i>Ikkyo Omote (Nikyo- и Sankyo-Kuzushi) + (Maeashi Irimi: Omote)</i>	1	
<b>Gyakuhanmi, K. Menuchi</b>	<i>Uchikaitennage</i>			3	
	<i>Sotokaitennage</i>				
		<i>Uchikaitensankyc</i>			
	<b>bukiwaza</b>				
<b>Ryotetori, Ushiro Ryotetori</b>	<i>Tenchinage</i>	<i>Tenchinage</i>	<i>Tenchinage (varijanti)</i>	6	
<b>Shomenuchi Kiawase, Yokomenuchi</b>	<i>Ikkyo Omote/Ura</i>	<i>Ikkyo (Ushiroashi Irimi Tenkan Kirioroshi Sankakutai)</i>		8	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>	<i>Iriminage</i>			10	
	<i>Kotegaeshi</i>	<i>Kotegaeshi (Kigata)</i>			
	<i>Kotegaeshi</i>				
	<b>bukiwaza</b>			11	
<b>Gyakuhanmi, K. Menuchi</b>	<i>Tenchinage</i>		<i>Tenchinage (Tenkan Tenshin 2 Форми, десна - лева )</i>	13	
<b>Ryotetori, Ushiro Ryotetori</b>			<i>Sankyo</i>	15	
			<i>Yonkyo</i>		
<b>Shomenuchi Kiawase, Yokomenuchi</b>			<i>Aikiotoshi (Maeotoshi, Ushirootoshi)</i>	17	
	<b>bukiwaza</b>			18	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>		<i>Kiritoshi (Kigata)</i>		20	
		<i>Hikiotoshi</i>			
<b>Gyakuhanmi, K. Menuchi</b>	<i>Shihonage Omote/Ura</i>			22	
<b>Ryotetori, Ushiro Ryotetori</b>			<i>Jyujigarami</i>	24	
	<b>bukiwaza</b>			25	
<b>Shomenuchi Kiawase, Yokomenuchi</b>	<i>Kotegaeshi</i>	<i>Kotegaeshi (Ushiroashi Irimi Tenkan Kirioroshi Sankakutai)</i>	<i>Kotegaeshi (1.Sankakutai Sabaki 2.Ura Sankakutai Sabaki - Hitoemi Sabaki)</i>	27	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>		<i>Sankyo (Omote / Ura)</i>	<i>Sankyo (Maeashi Irimi: Omote)</i>	29	
		<i>Uchikaitensankyc</i>			
<b>Gyakuhanmi, K. Menuchi</b>		<i>Iriminage</i>	<i>Iriminage (Tenkan Tenshin 2 Форми, десна - лева )</i>	31	
	<b>bukiwaza</b>			1	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>		<i>Maeotoshi</i>		3	
			<i>Jyujigarami, a i do -- Kotegaeshi i Iriminage (Renrakuhenka-Waza)</i>		
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>	<i>Nikyo Omote/Ura</i>	<i>Nikyo Omote/Ura</i>	<i>Nikyo (Maeashi Irimi: Omote)</i>	5	
<b>Shomenuchi Kiawase, Yokomenuchi</b>			<i>Sankyogoshi (od Ikkyo Kuzushi)</i>	7	
	<b>bukiwaza</b>			8	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>			<i>Udegarami Sankyonage (Teorija Sankyo)</i>	10	
			<i>Udegarami Yonkyonage (Teorija Yonkyo)</i>		
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>			<i>Aikigoshi и Kaitennage (Irimi Tenkan Sabaki)</i>	12	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>		<i>Genkeikokyunage (Tanren Tenkan Sabaki)</i>		14	
	<b>bukiwaza</b>			15	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>			<i>Sankyo 1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Maeashi Irimi: Ura</i>	17	
			<i>Yonkyo 1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Maeashi Irimi: Ura Soto Kaitennage (Udegarami- Nikyo Ura - Osae)</i>	19	
<b>Aihanmi, K. Ryotetori, Chudantsuki</b>	<i>Ikkyo ( Gokyo )</i>		<i>Ikkyo 1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Maeashi Irimi: Ura</i>	21	
			<i>Nikyo 1.Ushiroashi Irimi Tenkan Tenshin: Omote 2.Maeashi Irimi: Ura</i>		
	<b>bukiwaza</b>				

април

мај

јуни