

Kumitachi

Shodan no Waza (*Single Step Techniques*)

Set 1.	Sankaku Uke Kirigaeshi Maki Uchi Kaeshi Uchi Maki Osae	Kihon Ichi, Kihon Ni, Jokyu, Goshin, Randori
Set 2.	Harai Uke Maki Otoshi Hiji Gote	Kihon, Jokyu, Goshin, Randori

Nidan no Waza (*Two Step Techniques*)

Set 1.	Tsuki (<i>Sayu Uke, Tsukigote, Joge</i>) Inshin Irimi Soto Uchi Mawari Kaiten	Kihon, Jokyu, Randori
Set 2.	Harai Uke + Osae Osae + Osae Kote + Harai Uke Ura Hiji Gote + Maki Otoshi	Kihon, Jokyu, Randori

Sandan no Waza (*Three Step Techniques*)

Set 1.	Kihon Sankaku Sabaki (<i>Basic Triangle</i>)	Kihon, Jokyu, Randori
Set 2.	Kihon Sankaku Sabaki (<i>Jochuge, Umote Ura, Gyo So</i>)	
Set 3.	Long Set	

Randori Okuden

Set 1.	Nagare (<i>Continuous Attack</i>) Cut for Cut
Set 2.	Shikaku (<i>Cut & Zone</i>) Attack & Counter Ai Uchi (<i>Simultaneous Strike</i>)

Rokyu	Shodan no Waza (Set 1)	Kihon Ichi	Nikyu	Nidan no Waza (Set 1)	Jokyu	Nidan	Shodan no Waza (Sets 1 & 2)	Goshin Randori
Gokyu	Nidan no Waza (Set 1) <i>Tsuki</i>	Kihon	Ikkyu	Sandan no Waza (Set 2) <i>Jochuge</i>	Kihon		Sandan no Waza (Set 2) (<i>Omote Ura, Gyo So</i>)	Kihon Jokyu
	Sandan no Waza (Set 1)	Kihon		Shodan no Waza	Jokyu		Randori Okuden (Set 1)	
Yonkyu	Nidan no Waza (Set 1) (<i>Inshin Irimi, Soto Uchi, Mawari Kaiten</i>)	Kihon	Shodan	Shodan no Waza	Randori	Sandan	Nidan no Waza (Set 2)	Kihon Jokyu
				Nidan no Waza (Set 1)	Randori		Randori Okuden (Set 2)	
							All sets Randori	
Sankyu	Shodan no Waza (Set 1)	Kihon Ni				Yondan	FREESTYLE	
u	Shodan no Waza (Set 2)	Kihon						