TACHI WAZA		GIALLA	ARANCIONE	VERDE	BLU	MARRONE	1° DAN	2° DAN	3° DAN	4° DAN	5° DAN
TE WAZA	Seoi Nage (ippon-morote-eri-kata)	●	●	●	●	●					
	Kata Guruma			●	●	●					
	Morote Gari		●	●	●	●					
	Seoi Otoshi		●	●	●	●					
	Tai Otoshi	●	●	●	●	●					
	Kubi Nage	●	●	●	●	●					
	Kuciki da Oshi				●	●					
	Te Guruma				●	●					
	Sukuy Nage			●	●	●					
	Kibitsu Gaeshi					●					
	Uki Otoshi					●					
	Sumi Otoshi					●					
KOSHI WAZA	O Goshi	●	●	●	●	●					
	Harai Goshi	●	●	●	●	●					
	Koshi Guruma	●	●	●	●	●					
	Uki Goshi		●	●	●	●					
	Tsurikomi Goshi - Sode Tsuricomi Goshi			●	●	●					
	Hane Goshi			●	●	●					
	Tsuri Goshi - o - Ko			●	●	●					
	Uchi Mata			●	●	●					
	Ushiro Goshi				●	●					
	Utsuri Goshi				●	●					
ASHI WAZA	O Soto Gari	●	●	●	●	●					
	O Uchi Gari - O Uchi Gake		●	●	●	●					
	Okuri Ashi Barai		●	●	●	●					
	Sasae Tsuricomi Ashi		●	●	●	●					
	De Ashi Barai		●	●	●	●					
	Ko Uchi Gari - Ko Uchi Gake			●	●	●					
	Ashi Guruma				●	●					
	Uchi Mata				●	●					
	Ko Soto Gari - Ko Soto Gake		●	●	●	●					
	Harai Tsuricomi Ashi			●	●	●					
	O Soto Guruma				●	●					
	Hiza Guruma		●	●	●	●					
	O Soto Otoshi				●	●					
	Ko Soto Gake			●	●	●					
MA SUTEMI WAZA	Sumi Gaeshi				●	●	●	●	●	●	●
	Tomoe Nage			●	●	●	●	●	●	●	●
	Soto Makikomi					●	●	●	●	●	●
	Ura Nage					●	●	●	●	●	●
Yoko sutemi waza	Tani Otoshi			●	●	●	●	●	●	●	●
	Uki Waza				●	●	●	●	●	●	●
	Yoko Wakare					●	●	●	●	●	●
	Yoko Gake					●	●	●	●	●	●
	Yoko Guruma					●	●	●	●	●	●
	Hane Makikomi				●	●	●	●	●	●	●

KATAME WAZA		GIALLA	ARANCIONE	VERDE	BLU	MARRONE	1° DAN	2° DAN	3° DAN	4° DAN	5° DAN
OSAE WAZA	Kuzure Kesa Gatame	●	●	●	●	●					
	Hon Kesa Gatame	●	●	●	●	●					
	Kata Gatame	●	●	●	●	●					
	Ushiro Kesa Gatame	●	●	●	●	●					
	Makura Kesa Gatame	●	●	●	●	●					
	Mune Gatame			●	●	●					
	Yoko Shiho Gatame			●	●	●					
	Kami Shiho Gatame			●	●	●					
	Tate Shiho Gatame			●	●	●					
SHIME WAZA	kata Juji Jime			●	●	●					
	Nami Juji Jime			●	●	●					
	Gyaku Juji Jime			●	●	●					
	Hadaka Jime			●	●	●					
	Okuri Eri Jime			●	●	●					
	Kata Ha jime			●	●	●					
	Ryo Te Jime				●	●					
	Sankaku Jime				●	●					
	Tsukkomi Jime				●	●					
KANSETSUWAZA	Ude Garami			●	●	●					
	Ude Hisigi Juji Gatame			●	●	●					
	Ude Gatame			●	●	●					
	Waki Gatame			●	●	●					
	Hiza Gatame				●	●					
	Hara Gatame			●	●	●					
	Sankaku Hisigi				●	●					
KATA	Randori No Kata-Nage-Katame						3-1	5-3	5-3	5-3	5-3
	Kodokan Goshin Jitsu							12	21	21	21
	Ju No Kata								●	●	●
	Joshi Goshin Ho								●	●	●
	Kime no Kata									●	●