

Rokyu

- Nage Waza
 - O Goshi
 - Tai Otoshi
 - Ippon Seoinage
 - Uki Goshi
 - O Soto Gari
- Ukemi Waza
 - Front Flat Fall
 - Side Flat Fall
 - Back Flat Fall
 - Tiger Fall
- Atemi Waza
 - Jab
 - Cross
 - Hook
 - Uppercut
 - Front Kick
 - Side Kick
 - Round Kick
 - Knee
 - Back Kick
- Gatame Waza
 - Kesa Gatame
 - Juji Gatame
 - Ground Evasions
- Kansetsu Waza
 - Kote Gaeshi
 - Wake Gatame
 - Yubi Nage
- Self-Defense Kata
 - 1-minute
- Randori
 - None
- Ne Waza
 - None
- Shimi Waza
 - None
- Free-Spar
 - None

Gokyu

- Nage Waza
 - Merote Seoinage
 - O Uchi Gari
 - Ko Uchi Gari
 - Yoko Wakare
 - Uki Waza
- Ukemi Waza
 - Rolling Falls
 - Corner Falls
 - Four-Way Falls
 - Zig-Zag Falls
- Atemi Waza
 - 5 Traps and Entries
 - Kick-punch combos
 - Blocks
- Gatame Waza
 - Closed Guard
 - Open Guard
 - Passing the Guard
 - Arm Locks
 - Juji-Gatame
 - Mount
 - Escapes
- Kansetsu Waza
 - Nikyo
 - Sankyo
 - Ude Garame
 - Ude Ushiro Garame
- Self-Defense Kata
 - 1 minute
- Randori
 - None
- Ne Waza
 - 1 minute
- Shimi Waza
 - None
- Free-Spar
 - None

Yonkyu

- Nage Waza
 - Tomoe Nage
 - Sumi Gaeshi
 - Ko Soto Gari
 - Tani Otoshi
 - Harai Goshi
 - Hane Goshi
 - Ushiro Goshi
- Ukemi Waza
 - All
- Atemi Waza
 - Combination Strikes
 - 10 Traps and Entries
- Gatame Waza
 - Pin Combination
- Kansetsu Waza
 - Irimi Nage
 - Shiho Nage
 - Compound Kote Gaeshi
- Self-Defense Kata
 - 1 and 1/2 minutes
- Randori
 - None
- Ne Waza
 - 1 minute
- Shimi Waza
 - Nami Juji Jime
 - Gyaku Juji Jime
 - Kata Juji Jime
 - Okuri Eri Jime
 - Kataha Jime
 - Sankaku Jime
 - Hadaka Jime
 - Baseball Grip
- Free-Spar
 - 1 minute

Sankyu

- Nage Waza
 - Uki Otoshi
 - Makikomi
 - O Soto Makikomi
 - Sode Tsuru Komi Goshi
 - Kata Guruma
 - Uchi Mata
 - Throw Combinations
- Ukemi Waza
 - All
- Atemi Waza
 - 15 Traps and Entries
- Gatame Waza
 - All
- Kansetsu Waza
 - Joint Combinations
 - Chicken Wing Wrist Lock
 - Ankle Locks
 - Neck Throws
- Self-Defense Kata
 - 2 minutes with multiple attackers
- Randori
 - 3-one minute rounds
- Ne Waza
 - 3-one minute rounds
- Shimi Waza
 - None
- Free-Spar
 - 3-one minute rounds

Nikyu

- Nage Waza
 - O Guruma
 - Hiza Guruma
 - Kuchiki Taoshi
 - Shimmeisho No Waza
 - Tawara Gaeshi
 - Rear Platform Throw
 - Throw Combinations
- Ukemi Waza
 - All
- Atemi Waza
 - 20 Traps and Entries
- Gatame Waza
 - All
- Kansetsu Waza
 - All
- Self-Defense Kata
 - 2 minutes with multiple attackers
- Randori
 - 4-one minute rounds
- Ne Waza
 - 4-one minute rounds
- Shimi Waza
 - None
- Free-Spar
 - 4-one minute rounds

Ikkyu

- Nage Waza
 - Yama Arashi
 - De Ashi Harai
 - Ashi Guruma
 - Okuri Ashi Harai
 - Kani Basami
 - Throw Combinations
- Ukemi Waza
 - All
- Atemi Waza
 - Combinations

- 20 Traps and Entries
- Gatame Waza
 - All
- Kansetsu Waza
 - Joint Combinations
- Self-Defense Kata
 - 2-minutes with multiple attackers
- Randori
 - 5-one minute rounds
- Ne Waza
 - 5-one minute rounds
- Shimi Waza
 - None
- Free-Spar
 - 5-one minute rounds

Shodan

- Nage Waza
 - All
- Ukemi Waza
 - All
- Atemi Waza
 - 30 Traps and Entries
- Gatame Waza
 - All
- Kansetsu Waza
 - All
- Self-Defense Kata
 - 2-minutes with multiple attackers
- Randori
 - None
- Ne Waza
 - 6-one minute rounds
- Shimi Waza
 - None
- Free-Spar
 - 6-one minute rounds