

1. KYU

Vežbe s bokenom sa dve ruke:

- 1 Shomenuchi
- 2 Tsuki - 8 koraka napred, 8 koraka nazad u Chudanu
- 3 Tenshin

Happogiri (Bokken forma samostalno)

Jo 1 (samostalno)

14 Ryotedori (suwariwaza-tachiwaza)

- 1 Suwariwaza – kokyunage (ruka iznad)
- 2 Suwariwaza – kokyunage (ruka ispod)
- 3 Suwariwaza – zemponage
- 4 Suwariwaza kokyunage - *bacanje daleko, uke ustane u drugom napadu*
- 5 Handachi zemponage (labud)
- 6 Handachi ushiro ryokatadori zemponage
- 7 Ryotedori shihonage - *start handachi, nage ustane i radi stojeći na drugi napad*

16 Handachi

- 1 Tachiwaza - *uke napada hvatajuci kukove, nage blokira ka dole*
- 2 Tachiwaza - *uke napada hvatajuci kukove, kaitennage*
- 3 Tachiwaza - *uke napada hvatajuci oko kolena, nage seda unatrag na kolena (handachi), zemponage*
- 4 Handachi shomenuchi kokyunage
- 5 Handachi tsuki koteoroshi katameru
- 6 Handachi keru - *nage hvata obe noge*
- 7 Handachi keru - *nage hvata jednu nogu*

1 Katatedori Tenshin (3L-3D)

- 1 Kokyunage
- 2 Kirigaeshi
- 3 Zemponage
- 4 Kaitennage
- 5 Ikkyo
- 6 Yonkyo
- 7 Nikyo (katameru)

3 Katatedori Ryotemochi

- 1 Ikkyo (tenshin)
- 2 Kokyunage (tenshin)
- 3 Kokyunage hachinoji
- 4 Zemponage
- 5 Nikyo (irimi)
- 6 Koteoroshi (katameru)
- 7 Kokyunage (sankyo) - *uke drži nageovu podlakticu na grudima*

- Futarigake (napad dva ukemija)

1. DAN

11 Katatedori irimi (3L-3D)

- 1 Kokyunage irimi
- 2 Kokyunage tenshin (promena ruke)
- 3 Uchiwanage
- 4 Shihonage irimi
- 5 Kaitennage irimi
- 6 Ikkyo
- 7 Kaitennage (spoljni)

13 Ryotemochi

- 1 Kokyunage irimi
- 2 Kokyunage udemawashi
- 3 Kokyunage hachinoji
- 4 Tenshin nikyo
- 5 Shihonage
- 6 Zemponage (ruka dole)
- 7 Zemponage (ruka gore)

2 Ushiro katatedori (3L-3D)

- 1 Uragaeshi (statički)
- 2 Zemponage
- 3 Koteoroshi (na prvu ruku)
- 4 Ikkyo
- 5 Sankyo nage
- 6 Koteoroshi (na drugu ruku)
- 7 Shihonage

8 Yokomenuchi (3L-3D)

- 1 Sudori - *izbegavanje* (korak tenkan)
- 2 Ojigi - *naklon* (ispod ruke)
- 3 Kokyunage irimi
- 4 Shihonage irimi
- 5 Shihonage tenshin
- 6 Zemponage
- 7 Kokyunage hachinoji

21 Tantodori 1

- 1 Tsuki koteoroshi
- 2 Tsuki ikkyo
- 3 Shomenuchi koteoroshi
- 4 Shomenuchi kokyunage
- 5 Yokomenuchi shihonage (atemi)
- 6 Tsuki menuchi uchiwanage (statički)
- 7 Tsuki menuchi uchiwanage (dinamički)

25 Jo & Bokken 1 (ispitanik koristi Jo)

27 Happo Giri (s partnerom)

- Sanningake (napad tri ukemija)

2. DAN

4 Ryotedori

- 1 Kokyunage
- 2 Koteoroshi
- 3 Kokyunage (sayu waza)
- 4 Tenchinage irimi
- 5 Tenchinage tenshin
- 6 Zemponage
- 7 Kirigaeshi

7 Shomenuchi

- 1 Ikkyo irimi
- 2 Ikkyo tenshin
- 3 Kokyunage
- 4 Shihonage
- 5 Zemponage
- 6 Kirigaeshi
- 7 Sankyo

6 Ushirodori

- 1 Sankyo (hvat ispod ruku za kukove)
- 2 Koteoroshi
- 3 Sankyo
- 4 Zemponage
- 5 Hagaijime kokyunage
- 6 Koteoroshi (ushiro ryotedori)
- 7 Ikkyo (ushiro ryotedori)

15 Ushiro ryokatadori (4L-4D)

- 1 Kokyunage hachinoji statički
- 2 Kokyunage hachinoji dinamički
- 3 Kokyunage
- 4 Zemponage
- 5 Ikkyo
- 6 Koteoroshi
- 7 Sankyo

22 Tantodori 2

- 1 Ushiro kubijime sankyo
- 2 Ushiro kubijime shihonage
- 3 Ushiro tsuki koteoroshi
- 4 Ushiro tsuki ikkyo
- 5 Tsuki zemponage
- 6 Tsuki kaitenage
- 7 Sakatemochi kokyunage irimi
- 8 Sakatemochi gokyo

23 Bokkendori

- 1 Shomenuchi sudori
- 2 Shomenuchi kokyunage
- 3 Shomenuchi sudori – kokyunage
- 4 Shomenuchi koteoroshi (jedna strana)
- 5 Shomenuchi irimidori (jedna strana)
- 6 Yokomenuchi shihonage (jedna strana)
- 7 Yokomenuchi kokyunage irimi (jedna strana)
- 8 Tsuki koteoroshi (jedna strana)
- 9 Tsuki zemponage
- 10 Tsuki nikyo (jedna strana)

26 Jo & Bokken 2 – ispitani koristi Jo

28 Bokken & Bokken

- Yoningake (napad četiri ukemija)

3. DAN

5 Ryokatadori (4L-4D)

- 1 Zemponage
- 2 Kirigaeshi
- 3 Kokyunage
- 4 Sudori
- 5 Kokyunage (okret)
- 6 Nikyo
- 7 Zemponage

9 Tsuki i keru

- 1 Tsuki koteoroshi nage
- 2 Tsuki ikkyo irimi
- 3 Tsuki hantai koteoroshi nage
- 4 Keru kokyunage (sa hvatanjem noge)
- 5 Keru kokyunage (bez hvatanja noge)
- 6 Mawashikeru (niski, statički)
- 7 Mawashikeru (visoki, dinamički)

12 Ushiro katatedori

- 1 Sankyo (statički)
- 2 Shihonage tenshin (statički)
- 3 Kokyunage hachinoji
- 4 Koteoroshi
- 5 Makikaeshi (veliki)
- 6 Makikaeshi (direktni)
- 7 Kirigaeshi

18 Yokomenuchi

- 1 Kokyunage irimi
- 2 Kokyunage jujinage (vođenje ruke)
- 3 Kokyunage atemi
- 4 Shihonage tobikomi
- 5 Koteoroshi irimi
- 6 Koteoroshi tenshin
- 7 Zemponage

19 Tsuki

- 1 Kokyunage irimi
- 2 Zemponage
- 3 Kokyunage shomenuchi
- 4 Kokyunage irimi
- 5 Hantai tenshin yokomenuchi
- 6 Kokyunage irimi
- 7 Kaitennage

24 Jodori

- 1 Yokomenuchi zemponage
- 2 Yokomenuchi shihonage
- 3 Tsuki kaeshi
- 4 Tsuki zemponage
- 5 Tsuki kirigaeshi
- 6 Douchi kokyunage
- 7 Yokobarai kokyunage

25 Jo & Bokken 1 – ispitanik koristi Bokken

26 Jo & Bokken 2 – ispitanik koristi Bokken

10 Tanizugake

- 1 Ryotemochi ikkyo (prvi uke napada s desna, drugi s leva)
- 2 Futarigake zemponage
- 3 Futarigake kokyunage udemawashi
- 4 Futarigake seiretsu
- 5 Futarigake shihonage
- 6 Sanningake seiretsu
- 7 Yoningake (slobodan napad)

4. DAN

- Cela Hitoriwaza (sve vežbe samostalno)

17 Katadori Menuchi

- 1 Kokyunage (statički)
- 2 Kokyunage (direktni)
- 3 Kokyunage udemawashi
- 4 Kokyunage hachinoji
- 5 Nikyo
- 6 Sankyo
- 7 Zemponage

29 Kumi Tachi 1 (Bokken – bokken)

30 Kumi Tachi 2 (Shinken s partnerom)

20 Jonage

- 1 Kokyunage
- 2 Zemponage
- 3 Kirigaeshi
- 4 Ashi sukui
- 5 Nikyo
- 6 Koteoroshi tenshin
- 7 Koteoroshi irimi
- 8 Shihonage
- 9 Sakatemochi zemponage
- 10 Kokyunage - futarigake
- 11 Kokyunage - sanningake
- 12 Sanningake