Grade	2nd to 1st Kyu	2nd to 1st Kyu
Belt		
Tachi-waza	Sode-tsuri-komi-goshi	Sleeve lift pull hip
	Te-guruma	Hand wheel
	Ryo-hiza-seoi-otoshi	Two knee shoulder drop
	Sumi-gaeshi	Corner throw
	Yoko-gake	Side hook
	Ko-uchi-gake-mata-maki-komi	Minor inner hook thigh winding
	Ushiro-goshi	Rear hip
	Ura-nage	Rear throw
	Uki-otoshi	Floating drop
	Soto-maki-komi	Outside winding
	Yoko-tomoe-nage	Side circle throw
	Kata-hiza-te-ouchi-gake-ashi-dori	Single knee hand major inside hook
Shime-waza	Kata-ha-jime	Single collar strangle
	Hadake-jime	Naked strangle
	Kata-te-ashi-koshi-jime	Single hand leg hip strangle
	San-gaku-jime	Triangular strangle
Performance		
	Performance versions of some of the above	
Tachi-waza	Two variations of Sumi-gaeshi	
Ne-waza	San-gaku gatame, jime and osae-gatame from practical situations	
	Hadake-jime from a practical situation	
	Kata-ha-jime from a practical situation	
Randori	4 minutes tachi/ne combinations and counters with co-operative partner	
Personal Choice 1	4 waza individually and linked (including tachi, ne, kaeshi)	
Personal Choice 2	3 sets Nage-no-kata or complete Katame-no-kata or complete Go-no-sen-no-kata	
Translation	3 example infringements for each penalty in Article 27	
	Above techniques	