

| Grade | 3rd to 2nd Kyu | 3rd to 2nd Kyu |
|--------------------|--|------------------------------------|
| Belt | | |
| Tachi-waza | Koshi-guruma | Hip wheel |
| | Tani-otoshi | Valley drop |
| | Yoko-guruma | Side wheel |
| | Tomoe-nage | Circle throw |
| | Kata-uchi-ashi-dori | Single inner leg grab |
| | Soto-kibisu-gaeshi | Outer heel trip |
| | Kata-guruma | Shoulder wheel |
| | Morote-gari | Double leg grab |
| | Soto-ashi-dori-ouchi-gari | Outside leg grab major inner sweep |
| | Uchi-kibisu-gaeshi | Inner heel trip |
| Shime-waza | Okuri-eri-jime | Sliding collar strangle |
| | Nami-juji-jime | Normal cross strangle |
| | Gyaku-juji-jime | Reverse cross strangle |
| Kansetsu-waza | Ude-garami | Entangled armlock |
| Performance | | |
| Combination | Ude-garami from Kuzure-kesa-gatame | |
| Tachi-waza | Yoko-kata-guruma-otoshi | Side shoulder wheel body drop |
| Ne-waza | Above strangles from practical situations | |
| | Koshi-jime from a practical situation | |
| | Kata-te-jime from a practical situation | |
| Kumi-kata | Performance gripping skills | |
| 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 | 2 sets Nage-no-kata or two sets Katame-no-kata or 2 sets Go-no-sen-no-kata | |
| Translation | Above techniques | |