

| | | |
|--------------------|--|---------------------------|
| Grade | 4th to 3rd Kyu | 4th to 3rd Kyu |
| Belt | | |
| Tachi-waza | Harai-goshi | Sweeping hip |
| | Uchi-mata | Inner thigh |
| | Hiza-guruma | Knee wheel |
| | Sasae-tsuri-komi-ashi | Propping drawing ankle |
| | Hane-goshi | Spring hip |
| | Okuri-ashi-barai | Double foot sweep |
| | Morote-eri-seoi-nage | Two handed lapel shoulder |
| Kansetsu-waza | Ude-gatame | Arm lock |
| | Waki-gatame | Arm lock |
| | Juji-gatame | Cross armlock |
| | Hiza-gatame | Knee armlock |
| Performance | | |
| Kansetsu-waza | Juji-gatame (sit back) | |
| | Juji-gatame (forward roll uke back) | |
| | Juji-gatame (over shoulder uke roll) | |
| | Juji-gatame (swivel from beneath) | |
| Randori | 4 minutes tachi/ne combinations and counters with co-operative partner | |
| Personal Choice | 4 waza individually and linked (including tachi, ne, kaeshi) | |
| Translation | Above techniques | |