

Legend:				Note:				
	belt progression	rank		waza items are to be done against all the attacks in the respective ranks				
	category							
	items							
	added items for stated rank							

white to red	to 16 kyu			red to red gold	16 to 15 kyu		
aiki taiso	solo ukemi	attacks + ukemi	waza	aiki taiso	solo ukemi	attacks + ukemi	waza
kamae	back drop	katate dori	nil	kamae	back drop	katate dori	nil
kaiten	side drop	ryote dori		kaiten	side drop	ryote dori	
		shomen uchi		tenkan	back fall	shomen uchi	
					side fall	yokomen uchi	

red gold to yellow	15 to 14 kyu			yellow to orange	14 to 13 kyu		
aiki taiso	solo ukemi	attacks + ukemi	waza	aiki taiso	solo ukemi	attacks + ukemi	waza
kamae	back drop	katate dori	nil	kamae	back drop	katate dori	nil
kaiten	side drop	ryote dori		kaiten	side drop	ryote dori	
tenkan	back fall	shomen uchi		tenkan	back fall	shomen uchi	
irimi kaiten	side fall	yokomen uchi		irimi kaiten	side fall	yokomen uchi	

		mae	tsuki			irimi tenkan	mae	tsuki	
		ushiro					ushiro	kata dori	
							yoko ushiro		
	orange to green	13 to 12 kyu				green to green gold	12 to 11 kyu		
	aiki taiso	solo ukemi	attacks + ukemi	waza		aiki taiso	solo ukemi	attacks + ukemi	waza
	kamae	back drop	katate dori	ikkyo		kamae	back drop	katate dori	ikkyo
	kaiten	side drop	ryote dori			kaiten	side drop	ryote dori	irimi nage
	tenkan	back fall	shomen uchi			tenkan	back fall	shomen uchi	
	irimi kaiten	side fall	yokomen uchi			irimi kaiten	side fall	yokomen uchi	
	irimi tenkan	mae	tsuki			irimi tenkan	mae	tsuki	
	funakogi undo	ushiro	kata dori			funakogi undo	ushiro	kata dori	
	ikkyo undo	yoko ushiro	ryo kata dori			ikkyo undo	yoko ushiro	ryo kata dori	
		obstacle					obstacle	geri	
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	green gold to purple	11 to 10 kyu				purple to purple gold	10 to 9 kyu		
	aiki taiso	solo ukemi	attacks + ukemi	waza		aiki taiso	solo ukemi	attacks + ukemi	waza
	kamae	back drop	katate dori	ikkyo		kamae	back drop	katate dori	ikkyo
	kaiten	side drop	ryote dori	irimi nage		kaiten	side drop	ryote dori	irimi nage
	tenkan	back fall	shomen uchi	tenchi nage		tenkan	back fall	shomen uchi	tenchi nage
	irimi kaiten	side fall	yokomen uchi			irimi kaiten	side fall	yokomen uchi	kote gaeshi
	irimi tenkan	mae	tsuki			irimi tenkan	mae	tsuki	
	funakogi undo	ushiro	kata dori			funakogi undo	ushiro	kata dori	

	ikkyo undo	yoko ushiro	ryo kata dori			ikkyo undo	yoko ushiro	ryo kata dori	
		obstacle	geri				obstacle	geri	
	purple gold to blue	9 to 8 kyu							
	aiki taiso	solo ukemi	attacks + ukemi	waza					
	kamae	back drop	katate dori	ikkyo					
	kaiten	side drop	ryote dori	irimi nage					
	tenkan	back fall	shomen uchi	tenchi nage					
	irimi kaiten	side fall	yokomen uchi	kote gaeshi					
	irimi tenkan	mae	tsuki	irimi tsuki					
	funakogi undo	ushiro	kata dori						
	ikkyo undo	yoko ushiro	ryo kata dori						
		obstacle	geri						