

Legend:	
belt progression	rank
attacks	require extra step(s)
techniques	added items for stated rank
	tai jutsu
	buki waza

white to blue		blue to bluegold				blue gold to brown						
to 8 kyu		8 to 7 kyu		8 to 7 kyu		7 to 6 kyu						
katate dori	ryote dori	katate dori	ryote dori	kata dori	shomen uchi	katate dori	ryote dori	kata dori	ryokata dori	shomen uchi	yokomen uchi	suwari waza shomen uchi
ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo
shiho nage	shiho nage	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo
irimi nage	irimi nage	shiho nage	shiho nage	shiho nage	shiho nage	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo
		irimi nage	irimi nage	kokyu nage	irimi nage	shiho nage	shiho nage	shiho nage	kokyu nage	shiho nage	shiho nage	irimi nage
		kokyu nage	kokyu nage	irimi nage	kokyu nage	irimi nage	irimi nage	kokyu nage	irimi nage	irimi nage	irimi nage	kokyu nage
			tenchi nage			kokyu nage	kokyu nage	irimi nage		kokyu nage	kokyu nage	kote gaeshi
						kote gaeshi	tenchi nage	kote gaeshi		kote gaeshi	tenchi nage	
							kote gaeshi				kote gaeshi	

brown to brown gold		6 to 5 kyu						
katate dori	ryote dori	kata dori	ryokata dori	shomen uchi	yokomen uchi	morote dori	ushiro ryote dori	suwari waza shomen uchi
ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo
nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo
sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo
yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo
shiho nage	shiho nage	shiho nage	kokyu nage	shiho nage	shiho nage	shiho nage	shiho nage	irimi nage
irimi nage	irimi nage	kokyu nage		irimi nage	irimi nage	irimi nage	irimi nage	kokyu nage
kokyu nage	kokyu nage	kaiten nage		kokyu nage	kokyu nage	kokyu nage	kokyu nage	kote gaeshi
kote gaeshi	tenchi nage	irimi nage		kote gaeshi	tenchi nage	kote gaeshi	tenchi nage	juji garami
kaiten nage	kote gaeshi	kote gaeshi		kaiten nage	kaiten nage	kaiten nage	kaiten nage	kote gaeshi
juji nage/garami	kaiten nage	juji garami		juji nage/garami	kaiten nage	juji garami	kaiten nage	
	juji garami			juji nage		juji garami	juji garami	

brown gold to brown gold 2		5 to 4 kyu									
katate dori	ryote dori	kata dori	ryokata dori	shomen uchi	yokomen uchi	morote dori	ushiro ryote dori	ushiro ryokata dori	tsuki	suwari waza shomen uchi	hanmi handachi katate dori
ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	shiho nage
nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	irimi nage
sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	
yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	
gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	gokyo	
shiho nage	shiho nage	shiho nage	kokyu nage	shiho nage	shiho nage	shiho nage	shiho nage	kokyu nage	shiho nage	shiho nage	irimi nage
irimi nage	irimi nage	kokyu nage	koshi nage	irimi nage	irimi nage	irimi nage	irimi nage	kote gaeshi	irimi nage	kokyu nage	
kokyu nage	kokyu nage	kaiten nage		kokyu nage	kokyu nage	kokyu nage	kokyu nage	kaiten nage	kokyu nage	kote gaeshi	
kote gaeshi	tenchi nage	koshi nage		kote gaeshi	tenchi nage	kote gaeshi	kote gaeshi	koshi nage	kote gaeshi	juji garami	
kaiten nage	kote gaeshi	irimi nage		kaiten nage	kaiten nage	kaiten nage	kaiten nage	kaiten nage	kaiten nage		
juji nage/garami	kaiten nage	kote gaeshi		juji nage/garami	kaiten nage	juji garami	juji garami	juji nage	juji nage		
koshi nage	juji garami	juji garami		koshi nage	juji nage	tenchi nage	koshi nage	koshi nage	koshi nage		
	koshi nage				koshi nage	koshi nage					

brown gold 2 to black		4 to 3 kyu														
katate dori	ryote dori	kata dori	ryokata dori	kata dori men uchi	shomen uchi	yokomen uchi	morote dori	ushiro ryote dori	ushiro ryokata dori	tsuki	suwari waza shomen uchi	hanmi handachi katate dori	hanmi handachi shomen uchi	tanto	bokken	jo
ikkyo	ikkyo	ikkyo	ikkyo	shiho nage	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	ikkyo	shiho nage	shiho nage			1-10 jo suburi
nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	nikyo	irimi nage	kote gaeshi			6 jo kata
sankyo	sankyo	sankyo	sankyo	kote gaeshi	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	sankyo	kote gaeshi				
yonkyo	yonkyo	yonkyo	yonkyo	koshi nage	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo	yonkyo					

