

## 9. kyu

<b>ASHI SABAKI</b>			
	1	Mae Ashi Irimi	hidari, migi
	2	Ushiro Ashi Irimi	hidari, migi
	3	Kaiten	
<b>TAI SABAKI</b>			
	4	Irimi Tenkan	
<b>TE SABAKI</b>			
	5	Ikkyo Undo	hidari, migi
<b>UKEMI</b>			
	6	Mae/Ushiro Ukemi	
<b>SUVARI WAZA</b>			
	7	Shiko	mae
<b>TACHI WAZA</b>			
Aihanmi Katatetori	8	Ikkyo Omote/Ura	

## 8. kyu

<b>ASHI SABAKI</b>			
	1	Mae Ashi Tenkan	hidari, migi
	2	Ushiro Ashi Tenkan	hidari, migi
<b>TAI SABAKI</b>			
	3	Irimi Tenkan	
<b>TE SABAKI</b>			
	4	Irimi Tenkan	č.1, 2, 3
<b>UKEMI</b>			
	5	Yoko Ukemi	
<b>SUVARI WAZA</b>			
	6	Shiko	mae, ushiro, irimi tenkan
<b>TACHI WAZA</b>			
Shomenuchi Kiawase	7	Kotegaeshi	do yoko ukemi
	8	Iriminage	

## 7. kyu

<b>ASHI SABAKI</b>			
	1	Mae Ashi Tenshin	hidari, migi
	2	Ushiro Ashi Tenshin	hidari, migi
<b>TAI SABAKI</b>			
	3	Irimi Tenkan Tenshin	mae ashi tenshin ushiro ashi tenshin
	4	Irimi Tenkan Tenshin/Tenkan Tenshin	
<b>TE SABAKI</b>			
	5	Shiho Kiri	hidari, migi
<b>TACHI WAZA</b>			
Katatetori Gyakuhanmi	6	Shihonage Omote/Ura	
Ryotetori	7	Tenchinage Omote/Ura	OMOTE – mae ashi irimi, irimi (priamo) URA – irimi tenkan tenshin
	8	Genkei Kokyunage Omote/Ura	OMOTE – ushiro ashi irimi, irimi URA – ushiro ashi tenshin, irimi INÉ – irimi tenkan tenshin