

Aantal Shodan Nidan Sandan Yondan

1. Boken									
Suburi (solo)				7		x	x	x	x
Tachidori				10		x	x	x	x
Awase		boken versus boken 1-4	4	4		o	x	x	x
Awase		boken versus boken 1-7	+3	7			o	x	x
Kaeshi no kata		onderdelen variaties					o	x	x

2. Jo									
Suburi		1 tot 10		10		x	x	x	x
Suburi		11 tot 20		10		o	x	x	x
Jo-taijutsu		uke grijpt de jo 1-4	4	4		x	x	x	x
Jo-taijutsu		uke grijpt de jo 1-7	+3	7		o	x	x	x
Jodori		jodori 1-6	6			x	x	x	x
Jodori		jodori 1-11	+5	11		o	x	x	x
Kumijo		kumijo 1-4	4				x	x	x
Kumijo		kumijo 1-7	+3	7			o	x	x
Kata		7-tellen				o	x	x	x
		13-tellen				o	x	x	x
		31-tellen				o	x	x	x
Jo -ken		jo vs ken 1-5	5	5			o	x	x
Jo -ken		jo vs ken 1-10	+5	10				x	x