

| Time | year 1 | | | year 2 | | | year 3 | | | | | |
|--------------------------------|---|---|--|--|--|---|---|---|---|---|---|---|
| | 10 hrs | 10 hrs | 10 hrs | 20 hrs | 30 hrs | 30 hrs | 30 hrs | 30 hrs | 30 hrs | | | |
| Grade | 8th kyu | 7th kyu | 6th kyu | 5th kyu | 4th kyu | 3rd kyu | 2nd kyu | 1st kyu | 1st dan | 2nd dan | | |
| Tandoku undo | unsoku (1st set) Tegatana dosa (1st cut) | unsoku (1st + 2nd set) Tegatana dosa (1st + 2nd cut) | unsoku (1st, 2nd + 3rd set) Tegatana dosa (1st, 2nd + 3rd cut) | unsoku (3 sets) tegatana dosa (4th + 5th cut) | unsoku (3 sets) tegatana dosa (5) | | | | | | basic movement skills | |
| ukemi | koho (from sitting) | koho (crouching) Yoko (lying down) | koho (standing) yoko (crouching) | koho (standing) yoko (standing) zenpo kaiten (kneeling to lying down) | koho (tilting head back) yoko (running back) zenpo kaiten (standing to kneeling to standing) | zenpo kaiten (standing to standing) tobu (onto crash mat on 3) | zenpo kaiten tobu (onto crash mat from kote gaeshi - coach on forearm) | uke for uki waza (3) with coach | | | falling skills | |
| kihon kozo | tegatana awase | tegatana awase + gassho uke | tegatana awase + gassho uke + shotei awase | tegatana awase + gassho uke + shotei awase + go no sen Jodan x 2 | tegatana awase + gassho uke + shotei awase + go no sen Chudan x 2 | tegatana awase + gassho uke + shotei awase + go no sen Gedan x 2 | tegatana awase + gassho uke + shotei awase + go no sen Koho x 2 | tegatana awase + gassho uke + shotei awase + go no sen (8) | | | working with a partner | |
| suwari waza | shikko | shikko + striking shomen uchi | shikko + prep for falling leaf | as uke - oshi taoshi (R+L) with coach as tori - gassho uke + kuzushi | oshi taoshi omote (R+L) | oshi taoshi ura (R+L) | oshi taoshi omote + ura (R+L) x 1 | oshi taoshi omote + ura (R+L) x 2 | oshi taoshi omote + ura (R+L) 30 seconds (1 set minimum) | oshi taoshi omote + ura (R+L) 30 seconds (2 sets minimum) | kneeling techniques | |
| tachi waza | | | Atemi waza shomen ate aigamae ate gyakugamae ate | Atemi waza shomen ate aigamae ate gedan ate ushiro ate | hiji waza oshi taoshi ude hineri waki gatame | hiji waza hiki taoshi ude hineri waki gatame | tekubi waza kote hineri kote gaeshi tenkai kote hineri tenkai kote gaeshi | uki waza mae otoshi sumi otoshi hiki otoshi | randori no kata (17) | randori no kata (17) with tanto | standing techniques | |
| kihon no tsukuri atemi waza | | | as uke - hontai no tsukuri shomen ate ushiro ate | as uke - hontai no tsukuri (5) as tori - shomen ate | hontai no tsukuri shomen ate aigamae ate | hontai no tsukuri shomen ate aigamae ate | hontai no tsukuri shomen ate aigamae ate gedan ate | hontai no tsukuri (5) | roku ho tai sabaki with tanto - tai sabaki irimi | roku ho tai sabaki with tanto - tsukuri kake | striking techniques | |
| kihon no tsukuri kansetsu waza | | | | Jodan tegatana kuzushi (R+L) | Jodan tegatana kuzushi (R+L) oshi taoshi hiki taoshi | Gedan tegatana kuzushi (R+L) | Gedan tegatana kuzushi (R+L) tenkai kote gaeshi | jodan + gedan tegatana kuzushi (R+L) with waza (4) | jodan + gedan tegatana kuzushi (R+L) with tanto + grip (4) | jodan + gedan tegatana kuzushi (R+L) with tanto + grip - with waza (4) | arm joint techniques | |
| nage no kata | | | | | | | | | nage no kata omote (7) | nage no kata ura (7) | breaking balance and throwing techniques | |
| randori ho | tai sabaki (issoku itto) strike the coaches (issoku itto) (R+L) | tai sabaki (issoku itto) striking at correct distance as coach moves in and out | tai sabaki (issoku itto) gassho uke tegatana no bogyo striking at correct distance as coach moves in and out | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gyakugamae ate jodan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gyakugamae ate jodan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | renzoku tai sabaki gassho uke tegatana no bogyo kakarigeiko shomen ate aigamae ate gedan junte dori kuzushi | sport introduction to timing, distance and breaking balance in freeplay |