

	English	Japanese	Yellow	Orange	Green	Brown III	Brown II	Brown I	Black I	Black II	Black III	Total
Defenses	Clothes grabs	Uwagi Dori Gaeshi	5	10	15	20	25	30	35	41	50	50
	Wrist grabs	Kote Dori Gaeshi	5	10	15	20	25	30	35	40	49	49
	Ground attacks	Sutemi & Ne Waza Gaeshi	5	10	15	20	25	30	32	32	32	32
	Punching attacks	Ippon Kumite 1 Ate Gaeshi	5	10	15	20	25	30	35	37	37	37
	Kicking attacks	Ippon Kumite 2 Geri Gaeshi	0	0	5	10	15	20	25	30	30	30
	Body holds	Kakae Dori Gaeshi	0	0	0	5	10	15	15	15	15	15
	Choke holds	Shime Gaeshi	0	0	0	5	10	14	17	17	17	17
	Headlocks	Kubi Gatame Fusegi	0	0	0	0	0	5	9	9	9	9
	Knife defenses	Tanto Gaeshi	0	0	0	5	10	15	18	18	18	18
	Stick controls	Jo Waza	0	0	0	0	5	10	15	20	20	20
	Stick defenses	Jo Gaeshi	0	0	0	0	0	0	5	10	10	10
	Gun defenses	Juu Gaeshi	0	0	0	0	0	0	4	7	7	7
Total Techniques			20	40	65	105	150	199	245	276	294	294

Kata	Formal Techniques	Kata Waza	20	20	25	40	45	49	46	31	18	294
	Weapons Katas	Bo & Bokken Katas							Bo Kata K	Bo Kata J	Bokken	
	Akayama Kata	Owaza No Kata							O Waza			
	Akayama Kata	Koryu No Kata							Koryu			
	Akayama Kata	Nagare No Kata							Nagare			
	Judo Kata									Katame	Ju No kata	
	Special Katas	Kote Dori Jitsu Kata								KDJK1	KDJK2	

Basic technique	Throws	Kihon Nage Waza	3	6	9	12	15	18	21	24	27	27
	Wrist escapes	Kihon Katate Dori Fusegi	3	6	9	12	12	12	12	12	12	12
	Blocks	Kihon Uke Waza	3	6	9	11	11	11	11	11	11	11
	Punches	Kihon Ate Waza	4	8	12	17	17	17	17	17	17	17
	Kicks	Kihon Geri Waza	2	5	10	15	15	15	15	15	15	15
	Ground controls	Kihon Ne Waza	2	4	6	8	10	12	14	15	15	15
	Joint locks	Kihon Kensetsu Waza	0	3	6	9	12	15	18	21	23	23
	Chokes	Kihon Shime Waza	0	0	2	4	6	8	10	12	12	12
	Bo Staff	Kihon Bo Waza	0	0	0	4	8	12	16	20	20	20
Total Techniques			17	38	63	92	106	120	134	147	152	152