

| examen pour le grade | 5° kyu | 4° kyu | 3° kyu | 2° kyu | 1° kyu | sho dan | ni dan | san dan | yo dan |
|-----------------------|-------------------------|--|---|---|--|--|---|--|--|
| temps de pratique | 100 Heures et/ou 5 mois | 120 Heures et/ou 6 mois depuis le 5° Kyu | 170 Heures et/ou 8 mois depuis le 4° Kyu | 210 Heures et/ou 10 mois depuis le 3° Kyu | 260 Heures et/ou 12 mois depuis le 2° Kyu | 260 Heures et/ou 12 mois depuis le 1° Kyu | 550 Heures et/ou 2 ans depuis le 1° Dan | 825 Heures et/ou 3 ans depuis le 2° Dan | 1100 Heures et/ou 4 ans depuis le 3° Dan |
| ikkyo | -shomen uchi | -shomen uchi (TW-SW) -katate dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | Toutes les techniques précédentes plus Tanto dori Jo dori et Futarigake | Toutes les techniques précédentes plus Tanto dori Jo dori Tachi doro | Toutes les techniques précédentes plus Tanto dori Jo dori Tachi doro Taninzugake |
| nikkyo | | -shomen uchi (TW-SW) -kata dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | | | |
| sankyo | | | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -kata dori (TW-SW) -katate dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | | | |
| yonkyo | | | | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-UW) -kata dori (TW-SW) -katate dori -katate dori men uchi -ushiro eri dori | | | |
| gokyo | | | | | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -tsuki | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -tsuki | | | |
| tenchi nage | -ryote dori | -ryote dori -katate dori | -ryote dori -katate dori -kata dori men uchi | -ryote dori -katate dori -kata dori men uchi | -ryote dori -katate dori -kata dori men uchi | -ryote dori -katate dori -kata dori men uchi | | | |
| irimi nage | -shomen uchi | -shomen uchi (TW-HW-SW) -ai hammi katate dori -katate dori | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori -katate dori -kata dori -tsuki | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -kata dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime | | | |
| kote gaeshi | -shomen uchi | -shomen uchi (TW-HW-SW) -ai hammi katate dori -katate dori | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW) -katate dori (TW-HW) -kata dori -tsuki | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki | -shomen uchi (TW-HW-SW) -yokomen uchi (TW-HW-SW) -ryote dori (TW-UW) -katate dori -kata dori -kata dori men uchi -tsuki -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -marote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime | | | |
| shiho nage | -katate dori | -ai hammi katate dori -yokomen uchi -katate dori (TW - HW) | -shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW) -katate dori (TW-HW) | -shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) | -shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -ushiro eri dori | -shomen uchi (TW-HW) -yokomen uchi (TW-HW) -ai hammi katate dori (TW-HW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -ushiro Kubi Shime -muno dori | | | |
| kaiten nage | | -katate dori | -katate dori (TW-HW) -kata dori | -shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW) | -shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW) -kata dori | -shomen uchi -ai hammi katate dori -katate dori (TW-HW) -kata dori -ryote dori (TW-UW) | | | |
| kokyu nage | -katate dori | -katate dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -morote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime | | | |
| koshi nage | | | | -ryote dori (TW-UW) -katate dori -morote dori | -shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -morote dori -ushiro eri dori | -shomen uchi (TW-SW) -yokomen uchi (TW-SW) -ryote dori (TW-HW-UW) -katate dori (TW-HW) -marote dori -ryo kata dori (TW-HW-UW) -ushiro eri dori -ushiro kubi shime | | | |
| kokyu ho | -seiza ryote dori | -seiza ryote dori | -seiza ryote dori | -seiza ryote dori | -seiza ryote dori | -seiza ryote dori | | | |
| ude garami | | | -katate dorie | -katate dori (TW-HW) -ryote dori (TW-UW) | -shomen uchi -katate dori (TW-HW) -ryote dori (TW-UW) -ushiro eri dori | -shomen uchi -katate dori (TW-HW) -kata dori -ryote dori (TW-UW) -ushiro Eri dori | | | |
| ude kime nage | | | -ai hammi katate dori | -yokomen uchi -ai hammi katate dori | -shomen uchi -yokomen uchi -ai hammi katate dori -ryote dori (TW-UW) -morote dori -ushiro eri dori | -shomen uchi -yokomen uchi -ai hammi katate dori -ryote dori (TW-UW) -morote dori -ushiro eri dori | | | |
| juji garami | | | | -morote dori -ryote dori (UW) | -morote dori -ryote dori (UW) -kata dori men uchi | -morote dori -ryote dori (UW) -kata dori men uchi -ushiro kubi shime | | | |
| hiji kime osae | | | | -shomen uchi -yokomen uchi -ryote dori -katate dori -kata dori | -shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -kata dori (TW-UW) | -shomen uchi -yokomen uchi -ryote dori (TW-UW) -katate dori -kata dori (TW-UW) | | | |
| sumi otoshi | | | | -katate dori | -katate dori -kata dori | -katate dori -kata dori | | | |
| kiri otoshi | | | | -ai hammi katate dori | -shomen uchi -ai hammi katate dori | -katate dori -kata dori | | | |