

### SECTION 1: FUNDAMENTAL SKILLS

These are pre-selected

### SECTION 2 – FUNDAMENTAL SKILLS (PLEASE NOTE: EXAMINER'S CHOICE FOR TECHNICAL EXAM)

#### Prior Learning

From 1st dan to 5th (No Prior Learning 1st kyu to 1st dan)

Dan	1	2	3	4	5
1st					
2nd					
3rd					
4th					

### SECTION 3 – PERFORMANCE SKILLS

#### Nage-waza / Renzoku-waza, Renraku-waza, Kaeshi-waza

Select: 3 for 1st dan, 4 for 2nd dan, 5 for 3rd dan, 6 for 4th dan & 7 for 5th dan

	Nage-waza	Renzoku-waza	Renraku-waza	Kaeshi-waza
1				
2				
3				
4				
5				
6				
7				

### SECTION 4 – PERFORMANCE SKILLS

#### Katame-waza / Osaekomi-waza, Shime-waza, Kansetsu-waza

Select 3 for 1st dan, 4 for 2nd dan, 5 for 3rd dan, 6 for 4th dan & 7 for 5th dan

	Katame-waza	Combination	Escape	Complex Entry
1				
2				
3				
4				
5				
6				
7				

### SECTION 5 – PERFORMANCE SKILLS

#### Transitions / Nage-waza to Katame-waza

Select: 2 for 1st dan, 4 for 2nd dan, 6 for 3rd dan, 8 for 4th dan & 10 for 5th dan

	Nage-waza	Osaekomi-waza	Kansetsu - waza	or	Shime-waza
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					