

Barngrader

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| 12 kyu (röd bältesmarkering) | | |
| Ukemi | mae, ushiro | |
| Taisabaki | irimi tenkan, tenkan, tsugi ashi | |
| SUWARI WAZA | | |
| Kokyu ho | | ryotedori |
| TACHI WAZA | | |
| Ikkyo | omote, ura | aihanmi katatedori |
| Iriminage | ura | aihanmi katatedori |
| Tai no tenkan ho | | gyakuhanmi katatedori |
| Tenchinage | | gyakuhanmi katatedori |

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| 11 kyu (gul bältesmarkering) | | |
| Shikko | mae, ushiro, irimi tenkan | |
| SUWARI WAZA | | |
| Ikkyo | omote, ura | katadori, shomen uchi |
| Iriminage | ura | shomen uchi |
| TACHI WAZA | | |
| Ikkyo | omote, ura | gyakuhanmi katatedori |
| Kokyu ho | | gyakuhanmi katatedori |
| Kokyunage | | gyakuhanmi katatedori |

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| 10 kyu (orange bältesmarkering) | | |
| Ikkyo undo | mae | |
| SUWARI WAZA | | |
| Ikkyo | omote, ura | yokomen uchi |
| Iriminage | ura | yokomen uchi |
| HAMNI HANDACHI WAZA | | |
| Kokyunage | | gyakuhanmi katatedori |
| Iriminage | | gyakuhanmi katatedori |
| TACHI WAZA | | |
| Kaitennage | soto, uchi | gyakuhanmi katatedori |
| Iriminage | ura | gyakuhanmi katatedori |
| Tenchinage | | ryotedori |
| Kokyunage | | katadori |

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| 9 kyu (grön bältesmarkering) | | |
| Ikkyo undo | mae, ushiro | |
| SUWARI WAZA | | |
| Kaiten osae | | yokomen uchi |
| HAMNI HANDACHI WAZA | | |
| Kaitennage | uchi | gyakuhanmi katatedori |
| TACHI WAZA | | |
| Ikkyo | omote, ura | muna dori |
| Kaiten osae | | gyakuhanmi katatedori |
| USHIRO WAZA | | |
| Iriminage | ura | ushiro ryotedori |

Barngrader forts.

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| 8 kyu (blå bältesmarkering) | | |
| Ikkyo undo | shiho | |
| SUWARI WAZA | | |
| Kotegaeshi | | shomen uchi |
| HAMNI HANDACHI WAZA | | |
| Kokyunage | | ryotedori |
| TACHI WAZA | | |
| Ikkyo | omote, ura | tsuki |
| Kaitennage | soto | tsuki |
| USHIRO WAZA | | |
| Kaitennage | uchi | ushiro ryotedori |

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| 7 kyu (brun bältesmarkering) | | |
| Ikkyo undo | happo | |
| SUWARI WAZA | | |
| Ikkyo | omote, ura | ryo katadori |
| HAMNI HANDACHI WAZA | | |
| Iriminage | ura | yokomen uchi |
| TACHI WAZA | | |
| Ikkyo | omote, ura | katadori men uchi |
| Kaitennage | soto, uchi | katadori men uchi |
| USHIRO WAZA | | |
| Ikkyo | omote, ura | ushiro ryo katadori |
| Kokyunage | | ushiro ryo katadori |
| AIKI KEN | | |
| Suburi bokken | | |
| 1. Kihon uchi komi | | |
| AIKI JO | | |
| Jo suburi | | |
| 1. Choko tsuki | | |