

Basics

Migi Hanmi no Kamae	
Hidari Hanmi no Kamae	https://www.youtube.com/watch?v=gBrypJI-QA0
Seiza Ho	https://www.youtube.com/watch?v=mad0eFmFgfk
Shikko Ho	https://www.youtube.com/watch?v=868UqotiFqI
Koho Ukemi	https://www.youtube.com/watch?v=zdhzobPsnUg
Koho Kaiten Ukemi	https://www.youtube.com/watch?v=X3nUDcHfCa4
Zenpo Kaiten Ukemi	https://www.youtube.com/watch?v=XmMZma7JrrU

Basic Movements

1) Tai no Henko (1)	https://www.youtube.com/watch?v=Flc57uq-5aQ
2) Tai no Henko (2)	https://www.youtube.com/watch?v=W9Cw_-GW0Kk
3) Hiriki no Yosei (1)*	https://www.youtube.com/watch?v=nWLxcU-qSow
4) Hiriki no Yosei (2)	https://www.youtube.com/watch?v=ZrTqfstkGHk
5) Shumatsu Dosa (1)	https://www.youtube.com/watch?v=GOYCSJR5EM
6) Shumatsu Dosa (2)	https://www.youtube.com/watch?v=lqf-ZnSFLno

Basic Techniques

8KYU-6KYU

Katate Mochi Shihonage (1)	https://www.youtube.com/watch?v=LeVwp-NEBM8
Katate Mochi Shihonage (2)	https://www.youtube.com/watch?v=HOk4SRJeJ39w
Shomen Uchi Ikkajo Osae (1)	https://www.youtube.com/watch?v=aLz7st00Lxc
Shomen Uchi Ikkajo Osae (2)	https://www.youtube.com/watch?v=1Hs2YukB4ol

5KYU

note: all kihon dosa are performed in pairs, and all waza are performed on both sides

Katate Mochi Nikajo Osae (1)	http://www.youtube.com/watch?v=QchlmrPnidA
Katate Mochi Nikajo Osae (2)	http://www.youtube.com/watch?v=Wo3hVfgnY3o
Shomen Uchi Sankajo Osae (1)	http://www.youtube.com/watch?v=JuYp4ycFAK8
Shomen Uchi Sankajo Osae (2)	http://www.youtube.com/watch?v=XWLCW-NuYLY
Katate Mochi Sokumen Iriminage (1)	http://www.youtube.com/watch?v=7f1D1loT64A
Yokomen Uchi Shomen Iriminage (2)	http://www.youtube.com/watch?v=wVH6eZYVBf4

4KYU

note: shitei waza for 4kyu includes all the techniques from past tests

Shomen Uchi Yonkajo Osae (1)	https://www.youtube.com/watch?v=gg_gkJXew3Y
Mune Mochi Hijishime (2)	https://www.youtube.com/watch?v=MkTUS5nUBNI
Shomen Uchi Kotegaeshi (2)	https://www.youtube.com/watch?v=QjyIF_otJZM
Ryote Mochi Tenchi Nage (1)	https://www.youtube.com/watch?v=NDyyf8UvhYw
Suwari Waza Ryote Mochi Kokyuho (1)	https://www.youtube.com/watch?v=7Kkg7nYWL6Q
Shitei Waza	(could be any technique from past tests)
Shumatsu Dosa (1)	https://www.youtube.com/watch?v=GOYCSJR5EM
Shumatsu Dosa (2)	https://www.youtube.com/watch?v=lqf-ZnSFLno