

Exameneisen Aikikai Lijn Tissier	
6e kyu (min. 2 mnd. na aanvang)	suwari waza
shikko	aihanmi ikkyo
mae ukemi	ryotedori kokyuhu
ushiro ukemi	tachi waza
	aihanmi ikkyo
	aihanmi shihonage
	aihanmi iriminage
5e kyu (min. 2 mnd. na 6e)	tachi waza
zie 6e kyu aangevuld met:	katatedori shihonage
	katatedori sotokaitennage
	katatedori kokyunage
	ryotedori tenchinage
	shomenuchi ikkyo
	shomenuchi iriminage
4e kyu (min. 3 mnd. na 5e)	suwari waza
zie 5e kyu aangevuld met:	aihanmi nikyo
	aihanmi iriminage
	shomenuchi ikkyo
	shomenuchi iriminage
	tachi waza
	aihanmi nikyo
	aihanmi sankyo
	aihanmi kotegaeshi
	aihanmi udekimenage
	katatedori ikkyo
	katatedori nikyo
	katatedori kotegaeshi
	katatedori udekimenage
	katatedori uchikaitennage
	katatedori sokumen iriminage
	katadori ikkyo
	katadori nikyo
	shomenuchi kotegaeshi
	yokomenuchi shihonage
	yokomenuchi udekimenage
	ushiro ryotedori sankyo
3e kyu (min. 6 mnd. na 4e)	suwari waza
zie 4e aangevuld met:	katatedori ikkyo
	katatedori nikyo
	shomenuchi sankyo
	shomenuchi kotegaeshi
	katadori ikkyo
	katadori nikyo
	hanmi handachi waza
	katatedori shihonage
	katatedori iriminage
	shomenuchi uchikaiten-nage
	tachi waza
	shomenuchi nikyo

	shomenuchi sankyo
	shomenuchi yonkyo
	yokomenuchi ikkyo
	yokomenuchi nikyo
	yokomenuchi sankyo
	yokomenuchi yonkyo
	yokomenuchi kotegaeshi
	yokomenuchi iriminage
	ryotedori ikkyo
	ryotedori shihonage
	ushiro ryotedori ikkyo
	ushiro ryotedori nikyo
	ushiro ryotedori kotegaeshi
	ushiro ryotedori shihonage
	ushiro ryotedori iriminage
	ushiro ryotedori udekimenage
	katadori menuchi ikkyo
	morotedori ikkyo
	morotedori nikyo
	morotedori kotegaeshi
	morotedori udekimenage
2e kyu (min. 7 mnd. na 3e)	suwari waza
zie 3e aangevuld met:	katatedori kotegaeshi
	katatedori iriminage
	yokomenuchi gokyo
	yokomenuchi iriminage
	hanmi handachi waza
	katatedori sotokaiten-nage
	ryotedori shihonage
	tachi waza
	aihanmi koshi-nage
	katatedori sumi otoshi
	shomenuchi shihonage
	shomenuchi sotokaitennage
	shomenuchi uchikaitennage
	yokomenuchi gokyo
	ryotedori kotegaeshi
	ryotedori iriminage
	ushiro ryotedori sankyo
	ushiro ryotedori jujigarami
	ushiro ryokatadori ikkyo
	ushiro ryokatadori nikyo
	ushiro ryokatadori aiki otoshi
	ushiro ryokatadori sokumen iriminage
	katadori menuchi ikkyo
	katadori menuchi nikyo
	katadori menuchi sankyo
	katadori menuchi kotegaeshi
	katadori menuchi shihonage
	katadori menuchi iriminage

	morotedori iriminage
	chudantsuki iriminage
	jodantsuki hijikime osae
1e kyu (min. 8 mnd. na 2e)	tachi waza
zie 2e aangevuld met:	shomenuchi gokyo
	ushiro eridori ikkyo
	ushiro eridori kotegaeshi
	ushiro eridori shihonage
	ushiro katatedori kubishime shihonage
	morotedori jujigarami
	chudantsuki nikyo
	chudantsuki sankyo
	chudantsuki kotegaeshi
	jodantsuki ikkyo
	jodantsuki nikyo
	jodantsuki sankyo
	jodantsuki shihonage
	munadori shihonage