GRAD	CONDITII DE EXAM-NARE	PROGRAMA EXAMINARE COPII (4 - 14 ANI) TEHNICILE SE FAC PE AMBELE FORME (URA SI OMETE) SI AMBELE PARTI (MIGHI SI HIDARI). LA GRADELE AVANSATE SE CERE SI TOATE TEHNICILE SI CELE DIN GRADELE INFERIOARE										
		② IKKYO	③ NIKYO	④ SANKYO	⑤ YONKYO	⑥ GOKYO	⑦ SHIHO NAGE	⑧ IRIMI NAGE	⑨ KOTE GAESHI	⑩ KAITEN NAGE	⑪ TECHI NANE	⑬ KO KYU HO
10 KYU	20 ZILE P 3 LUNI	① ELEMENTE DE BAZA 1.1 LEGAREA CENTURII, 1.2 REI, 1.3 KAMAE, 1.4 TENKAI, 1.5 TENSHIN, 1.6 TENKAN 1.7 IRIMI TENKAN, 1.8 SHIKO, 1.9 UKEMI (MAE, YOKO, USHIRO, OBI, ZEMPO,) 1.10 ASHI SABAKI (AYUMI, OKURI, TSUGI), (KYU 3) 1.11 IRIMI , 1.12 IRIMI ATEMI , 1.13 TE GATAMA										
9 KYU	30 ZILE P 4 LUNI	2.1 AI HAMNI					7.1 AI HAMNI					13.1 SUWARI WAZA
8 KYU	30 ZILE P 4 LUNI	2.8 KATATE DORI					7.2 KATATE DORI	8.1 SHOMEN UCHI				
7 KYU	30 ZILE P 4 LUNI	2.2 SHOMEN UCHI						8.3 KATATE DORI				
6 KYU	40 ZILE P 4 LUNI		3.7 KATATE DORI				7.3 YOKO-MEN UCHI	8.5 SUWARI WAZA SHOMEN UCHI				
5 KYU	40 ZILE PRAC-TICA 4 LUNI	2.9 SUWARI WAZA KATATE DORI					7.5 HANMIHANDACHI KATATE DORI					
		2.3 SUWARI WAZA SHOMEN UCHI					7.6 HANMHANDACHI RYOTE DORI					
4 KYU	50 ZILE P 4 LUNI		3.1 KATA DORI	4.1 KATATE DORI								
3 KYU	50 ZILE P 6 LUNI						7.4 RYOTE DORI	8.7			11.1 RYOTE DORI	
2 KYU	60 ZILE PRAC-TICA 6 LUNI		3.2 4.2 5.1 6.1 SHOMEN UCHI				7.9 SHOMEN UCHI		9.3 KATATE DORI			
			3.3 4.3 5.2 6.2 SUWARI WAZA SHOMEN UCHI						9.1 SHO MEU-CHI			
1 KYU	60 ZILE P 6 LUNI	2.7	3.6	4.7	5.6		7.7	8.8	9.7	10.1	11.2	13.2
		USHIRO RYOTE DORI					USHIRO RYOTE DORI			KATATE-DORI		TACHI WAZA