

Testing for: Senior Yellow Belt (Rokyu)

| Category | Technique (Japanese) | Technique (English) |
|-----------------------------|----------------------|---|
| Throwing Techniques | Osoto-gari | Major Outer Reap |
| Throwing Techniques | Hiza-guruma | Knee Wheel |
| Throwing Techniques | O-goshi | Major Hip Throw |
| Throwing Techniques | Deashi-harai | Forward Foot Sweep |
| Throwing Techniques | Sasae-tsurikomi-ashi | Supporting Foot Lift-Pull Throw (Foot Stop) |
| Throwing Techniques | Seoi-nage | Shoulder Throw |
| Throwing Techniques | Uki-goshi | Floating Hip Throw |
| Throwing Techniques Counter | Tsubame-gaeshi | Swallow Counter |
| Throwing Techniques Counter | Osoto-gaeshi | Major Outer Reaping Throw Counter |
| Holding Techniques | Kesa-gatame | Scarf Hold |
| Holding Techniques Escape | Nogareru Kesa-gatame | Bridge and Roll Escape from Scarf Hold |
| Holding Techniques Escape | Nogareru Kesa-gatame | Uphill Turn Escape from Scarf Hold |
| Chokes | Hadake Jime | Rear Naked Choke |

Testing for: Senior Orange Belt (Gokyu)

| Category | Technique (Japanese) | Technique (English) |
|----------------------------|---------------------------|----------------------------------|
| Throwing Techniques | Ouchi-gari | Large Inner Reap |
| Throwing Techniques | Kouchi-gari | Small Inner Reap |
| Throwing Techniques | Kosoto-gari | Small Outer Reap |
| Throwing Techniques | Koshi-guruma | Hip Wheel |
| Throwing Techniques | Tsurikomi-goshi | Lift Pull Hip Throw |
| Throwing Techniques | Okuri-ashi-hari | Foot Stop |
| Throwing Technique Counter | Kosoto-gake | Countering Sasae- tsurikomi-ashi |
| Throwing Technique Counter | Tani-otoshi | Countering Seoi-nagi |
| Throwing Technique Counter | Tani-otoshi | Countering O-goshi |
| Holding Techniques | Yoko-shio-gatame | Side Locking Four-corner Hold |
| Holding Techniques Counter | Nogareru Yoko-shio-gatame | Bridge and Roll Escape |
| Holding Techniques Counter | Nogareru Yoko-shio-gatame | Uphill Turn Escape |
| Chokes | Nami-juji-jime | Normal Cross Choke |
| Chokes Escape | Hadake-jime Escape | Hand Against Face |
| Choke Escape | Nami-juni-jime Escape | Hand Under Arm |
| Arm Locks | Ude Gatame | Straight Arm lock |
| Arm Locks | Hara Gatame | Stomach Lock |

Testing for: Senior Green Belt (Yonkyu)

| Category | Techniques (Japanese) | Techniques (English) |
|----------------------------|-------------------------|-----------------------------------|
| Throwing Techniques | Harai-goshi | Hip Sweep |
| Throwing Techniques | Tai-Otoshi | Body Drop |
| Throwing Techniques | Uchi-Mata | Inner-thigh Reaping Throw |
| Throwing Techniques | Yoko-otoshi | Side Drop |
| Throwing Techniques | Ashi-guruma | Leg Wheel |
| Throwing Technique Counter | Kosoto-gake | Countering Hiza Guruma |
| Throwing Technique Counter | Tani-otoshi | Countering Uki-goshi |
| Throwing Technique Counter | Ouchi-gaeshi | Major Inner Reaping Throw Counter |
| Holding Techniques | Kuzure Kami-shio-gatame | Modified Top Four-corner Hold |
| Holding Technique Escapes | Kami-shio gatame | Double Arm Escape |
| Holding Technique Escapes | Kami-shio gatame | Press Out Escape |
| Holding Technique Escapes | Kami-shio gatame | |
| Chokes | Okuri-eri-Jime | Sliding Lapel Lock |
| Arm Locks | Juji Gatame | Cross Body Arm Lock |

Testing for: 3rd Degree Senior Brown Belt (Sankyu)

| Category | Technique (Japanese) | Technique (English) |
|-----------------------------|----------------------|-----------------------------------|
| Throwing Techniques | Hane-goshi | Hip Spring |
| Throwing Techniques | Harai-tsurikomi-ashi | Lift Pull Foot Sweep |
| Throwing Techniques | Tomoe-nage | Circle Throw |
| Throwing Techniques | Kata-guruma | Shoulder Wheel |
| Throwing Techniques | Sumi-gaeshi | Corner Throw |
| Throwing Techniques | Hane-makikomi | Springing Wrap-around Throw |
| Throwing Techniques | Utsuri-goshi | Hip Shift |
| Throwing Techniques Counter | Harai-goshi | Countering Kosoto-gari |
| Throwing Techniques Counter | Kouchi-gaeshi | Small Inner Reaping Throw Counter |
| Throwing Techniques Counter | Utsuri-goshi | Countering Koshi-guruma |
| Holding Techniques | Kuzure Kesa-gatame | Modified Scarf Hold |
| Holding Techniques | Ushiro Kesa-gatame | Reverse Scarf Hold |
| Holding Techniques Escape | Kesa-gatame | Sit Up Escape |
| Chokes | Kata-juji-jime | Half Cross Lock |
| Arm Locks | Juji Gatame | Cross Body Arm Lock |
| Arm Locks | Waki Gatame | Armpit Lock |

Test for: Senior 2nd Degree Senior Brown (Nikyu)

| Category | Technique (Japanese) | Technique (English) |
|--------------------------------|--------------------------------------|---|
| Throwing Techniques | Sukui-nage | Scooping Throw |
| Throwing Techniques | O-guruma | Major Wheel |
| Throwing Techniques | Soto-makikomi | Outer Wraparound Throw |
| Throwing Techniques | Morote-gari | Two Handed Reap |
| Throwing Techniques | Uki-goshi | Floating Hip Throw |
| Throwing Techniques | Kuchiki-taoshi | One-Hand Drop |
| Throwing Technique Counter | Tani-otoshi | Countering Tsurikomi-goshi |
| Throwing Technique Counter | Tsubame-gaeshi | Countering Okuri-Ashi-Barai |
| Throwing Technique Counter | Tani-otoshi | Countering Tsurigoshi |
| Throwing Technique Combination | Hiza-guruma to Osoto-gari | Knee Wheel to Large Outer Reap |
| Throwing Technique Combination | Deashi-harai to Sasae-tsurikomi-ashi | Forward Foot Sweep to Supporting Foot Lift-Pull Throw |
| Throwing Technique Combination | Hiza-guruma to Sasae-tsurikomi-ashi | Knee Wheel to Supporting Foot Lift-Pull Throw |
| Holding Technique | Ushiro-kesa-gatame | Reverse Scarf Hold |
| Holding Technique | Kata-gatame | Shoulder Hold |
| Holding Technique Escape | Ushiro-kesa-gatame | Uphill Turn Escape |
| Chokes | Kata-ha-jime | Single Wing Lock |
| Chokes | Gyaku-juji-jime | Reverse Cross Lock |
| Chokes | Sankaku-jime | Triangle Choke |
| Arm Locks | Ashi Gatame | Leg Armlock |
| Arm Locks | Hiza Gatame | Knee Armlock |

Test for: 1st Degree Senior Brown Belt

| Category | Technique (Japanese) | Technique (English) |
|----------------------------|----------------------|--------------------------------|
| Throwing Techniques | Osoto-guruma | Large Outer Wheel |
| Throwing Techniques | Kibisu-gaeshi | Heel Trip |
| Throwing Techniques | Uki-waza | Floating Throw |
| Throwing Techniques | Yoko-wakare | Side Separation |
| Throwing Techniques | Yoko-guruma | Side Wheel |
| Throwing Techniques | Ura-nage | Back throw |
| Throwing Techniques | Ude Gaeshi | Arm Twist Throw |
| Throwing Techniques | Sumi-otoshi | Corner Drop |
| Throwing Technique Counter | Harai-goshi-gaeshi | Hip Sweep Counter |
| Throwing Technique Counter | Uchi-mata-sukashi | Inner Thigh Reaping Throw Slip |
| Throwing Technique Counter | Hane-goshi-gaeshi | Hip Spring Counter |

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| Throwing Technique Counter | Counter to Seoi-nage | Elbow Roll and Pin |
| Throwing Technique Counter | Counter to Tomoe-nage | Round Off and Pin For Circle Throw |
| Throwing Techniques Combination | Kouchi-gari to Seoi-nage | Small Inner Reap to Shoulder Throw |
| Throwing Techniques Combination | Kouchi-gari to Ouchi-gari-Makkikomi | Small Inner Reap to Small Inner Wrapping Throw |
| Throwing Techniques Combination | Harai-goshi to Osoto-Gari | Hip Sweep to Large Outer Reap |
| Throwing Techniques Combination | Ouchi-gari to Hane-goshi | Large Inner Reap to Hip Spring |
| Throwing Techniques Combination | Kouchi-gari to Yoko-otoshi | Small Inner Reap to Side Drop |
| Throwing Techniques Combination | Kouchi-gari to Tomoe-nage | Small Inner Reap to Circle Throw |
| Holding Techniques | Kata-gatame | Shoulder Hold |
| Holding Techniques | Kuzure-kami-shiho-gatame | Broken top Four-corner Hold |
| Holding Techniques | Kuzure-yoko-shiho-gatame | Broken Side Locking Four-corner Hold |
| Holding Techniques | Tate-shiho-gatame | Straight Locking Four-corner Hold |
| Holding Techniques Escapes | Kata-gatame Escape | Arm In Escape |
| Holding Techniques Escapes | Kami-shiho-gatame Escape | Bridge and Roll Escape |
| Holding Techniques Escapes | Yoko-shiho-gatame | Uphill Turn Escape |