



Taïdo Shinza Pensum

Rok-kyu (6. kyu - blåt bælte)

Chudan-kamae
Gedan-kamae
Sentai no tsuki
Untai shomen-geri no tsuki
Hentai ebi-geri
Unsoku happo
Sentai/senin no hokei

Go-kyu (5. kyu - lillat bælte)

Sentai keijo-geri
Hentai manji-geri
Hentai suhei-geri
Tentai zenten no tsuki → tentai
koten
Sengi no sotai
Sentai/senin no hokei

Yon-kyu (4. kyu - grønt bælte)

Sentai shajo-geri
Untai fumi-ate no tsuki
Untai nidan-geri
Untai oshi-kuzushi
Hentai senjo-geri
Nentai hengetsu-ate
Nentai jun ashi-garami
Tentai sokuten-tsuki
Fusemi kata
Ungi no sotai
Untai/unin no hokei

San-kyu (3. kyu - grønt bælte)

Sentai shitto-ate
Hentai kake-kuzushi
Tentai-koten geri
Kamae kata
Hengi no sotai
Jodan no kobo
Hentai/henin no hokei
Jissen

Ni-kyu (2. kyu - brunt bælte)

Sentai harai-kuzushi
Untai kesa-geri
Nentai gyaku ashi-garami
Tentai zenten shomen-geri no tsuki
Tentai sokuten-geri
Unshin happo
Chudan no kobo
Hentai/henin no hokei
Jissen

Ik-kyu (1. kyu - brunt bælte)

Sentai tegatana-uchi
Untai zenmen-dori
Nentai shajo-geri
Nentai gyaku do-garami
Nengi no sotai
Gedan no kobo
Nentai/nenin no hokei
Jissen

Shodan (1. Dan - sort bælte)

Sentai haimen-dori
Sentai tecchu-ate
Hentai moroashi-geri
Nentai jun do-garami
Tengi no sotai
Nentai/nenin no hokei
Jissen