

Kodomo-no-Kata 1(ichi)

1. Ritsu-rei and Za-rei
2. Mae-mawari-ukemi
3. Uchi-mata
4. Harai-goshi
5. Ko-uchi-gari → Ippon-seoi-nage
6. Ippon-seoi-nage → Kesa-gatame → Ushiro-kesa-gatame → Yoko-shiho-gatame → Kami-shiho-gatame
7. Za-rei and Ritsu-rei

Kodomo-no-Kata 2(ni)

1. Ritsu-rei and Za-rei
2. Mae-ukemi
3. Mae-mawari-ukemi
4. O-uchi-gari
5. Ko-uchi-gari
6. O-soto-gari
7. O-uchi-gari → Ko-uchi-gari
8. O-soto-gari → Yoko-shiho-gatame → Tate-shiho-gatame → Kata-gatame
9. Za-rei and Ritsu-rei

Kodomo-no-Kata 3(san)

1. Ritsu-rei and Za-rei
2. Mae-ukemi
3. Mae-mawari-ukemi
4. Tai-sabaki
5. Kuzushi with moving
6. Sasae-tsurikomi-ashi
7. Ippon-seoi-nage
8. Tsurikomi-goshi
9. Sasae-tsurikomi-ashi → Kesa-gatame
10. Za-rei and Ritsu-rei

Kodomo-no-Kata 4(yon)

1. Ritsu-rei and Za-rei
2. Ushiro-ukemi
3. Yoko-ukemi
4. Mae-mawari-ukemi
5. Tai-sabaki
6. Happa-no-kuzushi with moving
7. Hiza-guruma
8. Tai-otoshi
9. O-goshi
10. Za-rei and Ritsu-rei

Kodomo-no-Kata 5(go)

1. Ritsu-rei and Za-rei
2. Ushiro-ukemi
3. Yoko-ukemi
4. Mae-mawari-ukemi
5. Happa-no-kuzushi
6. De-ashi-harai
7. Uki-otoshi
8. Uki-goshi
9. Za-rei and Ritsu-rei

Kodomo-no-Kata 6(roku)

1. Ritsu-rei and Za-rei
2. Ushiro-ukemi
3. Yoko-ukemi
4. Outen-ukemi
5. Tai-sabaki
6. Ayumi-ashi
7. Tsugi-ashi
8. Hiza-guruma
9. Tai-otoshi
10. Za-rei and Ritsu-rei

Kodomo-no-Kata 7(nana)

1. Ritsu-rei and Za-rei
2. Ushiro-ukemi
3. Yoko-ukemi
4. Outen-ukemi
5. Tai-sabaki
6. Ayumi-ashi
7. Tsugi-ashi
8. Throwing by Mae-sabaki
9. Throwing by Ushiro-sabaki
10. Za-rei and Ritsu-rei