



12-week JFT-Basic study plan

One hour a day, six days a week, from kana to full mock tests. Tick each task when it's done.

JFT Prep
jftprep.com

■ Week 1 · Kana

Read every hiragana and katakana without stopping.

- ☐ Hiragana quiz, 10 minutes a day, until you score 100%
- ☐ Drill the look-alikes: シ and ツ, ソ and ン, む and め
- ☐ Learn 45 first words: greetings, numbers, days and times

■ Week 2 · Kana

Read every hiragana and katakana without stopping.

- ☐ Katakana quiz, 10 minutes a day, until you score 100%
- ☐ Drill the look-alikes: シ and ツ, ソ and ン, む and め
- ☐ Learn 45 first words: greetings, numbers, days and times
- ☐ Check yourself with the free practice test

■ Week 3 · Core words and kanji

The everyday words and signs every section uses.

- ☐ Learn 90 new words from the vocabulary list this week
- ☐ Learn 30 kanji as words (駅, 出口, 休み) from the kanji list
- ☐ One Script and Vocabulary drill every study day

■ Week 4 · Core words and kanji

The everyday words and signs every section uses.

- ☐ Learn 90 new words from the vocabulary list this week
- ☐ Learn 30 kanji as words (駅, 出口, 休み) from the kanji list
- ☐ Review last week's words with the flashcards

■ Week 5 · Core words and kanji

The everyday words and signs every section uses.

- ☐ Learn 90 new words from the vocabulary list this week
- ☐ Learn 30 kanji as words (駅, 出口, 休み) from the kanji list
- ☐ One Script and Vocabulary drill every study day

■ Week 6 · Grammar and expressions

Particles, verb forms and set phrases for Conversation and Expression.

- ☐ Grammar quiz every study day: particles first
- ☐ Learn the set phrases for shops, work and asking for help
- ☐ Mid-plan check: one full timed mock test
- ☐ Learn 90 new words from the vocabulary list this week
- ☐ One Conversation and Expression drill every study day

■ Week 7 · Grammar and expressions

Particles, verb forms and set phrases for Conversation and Expression.

- ☐ Grammar quiz every study day: particles first
- ☐ Learn the set phrases for shops, work and asking for help
- ☐ Learn 90 new words from the vocabulary list this week
- ☐ Review the kanji list quiz until you miss fewer than 1 in 5

■ Week 8 · Listening and reading

Fast numbers, announcements and short notices, under time.

- ☐ Listening practice every study day: each clip only 2 times
- ☐ Prices, times and dates: replay the number clips until they're easy
- ☐ Review last week's words with the flashcards

■ Week 9 · Listening and reading

Fast numbers, announcements and short notices, under time.

- ☐ Listening practice every study day: each clip only 2 times
- ☐ Timed reading drills: notices, schedules and short messages
- ☐ Review last week's words with the flashcards

■ Week 10 · Full mock tests

One 60-minute clock, real order, then review every mistake.

- ☐ One full timed mock test, at the same time of day as your test
- ☐ Review every mistake: write down why you missed it
- ☐ Timed reading drills: notices, schedules and short messages
- ☐ Light review of words and kanji, no new material

■ Week 11 · Full mock tests

One 60-minute clock, real order, then review every mistake.

- ☐ One full timed mock test, at the same time of day as your test
- ☐ Review every mistake: write down why you missed it
- ☐ Timed reading drills: notices, schedules and short messages
- ☐ Light review of words and kanji, no new material

■ Week 12 · Full mock tests

One 60-minute clock, real order, then review every mistake.

- ☐ One full timed mock test, at the same time of day as your test
- ☐ Review every mistake: write down why you missed it
- ☐ Timed reading drills: notices, schedules and short messages
- ☐ Read the exam-day checklist: ID, arrival time, what to bring

■ Before you start

- This plan touches every part of the test in 12 weeks. From zero, reaching A2 usually takes more: our planning estimate is about 350 hours of study.
- Make a plan for your own test date and level with the free study planner at jftprep.com.
- Take a full 60-minute mock test in the last weeks, at the same time of day as your real test.