

## SHODAN

- SUWARIWASA	SHOMEN UCHI NIKYO (OMOTE - URA)
	SHOMEN UCHI SANKYO (OMOTE - URA)
	SHOMEN UCHI YONKYO (OMOTE - URA)
	SHOMEN UCHI GOKYO
	SHOMEN UCHI IRIMINAGE (OMOTE - URA)
	SHOMEN UCHI KOTEGAESHI
- HANMIHANDACHI-WAZA	KATATEDORI IKKYO (OMOTE - URA)
	KATATEDORI NIKYO (OMOTE - URA)
	KATATEDORI KOTEGAESHI
	KATATEDORI SHIHONAGE (OMOTE - URA)
	KATATEDORI IRIMINAGE (OMOTE - URA)
	KATATEDORI UCHIKAITENNAGE (OMOTE - URA)
	KATATEDORI SOTOKAITENNAGE (OMOTE - URA)
	USHIRO RYOKATADORI SANKYO
	USHIRO RYOKATADORI KOTEGAESHI
	USHIRO RYOKATADORI KOKYUNAGE
- TACHIWAZA	SHOMENUCHI ET YOKOMENUCHI IKKYO (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI NIKYO (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI SANKYO (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI YONKYO (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI GOKYO
	SHOMENUCHI ET YOKOMENUCHI KOTEGAESHI (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI SHIHONAGE (OMOTE - URA)
	SHOMENUCHI ET YOKOMENUCHI IRIMINAGE (OMOTE - URA)
	RYOTEDORI TENCHINAGE
	RYOTEDORI KOSHINAGE
	KATADORIMENUCHI IKKYO (OMOTE-URA)
	KATADORIMENUCHI NIKYO (OMOTE-URA)
	KATADORIMENUCHI KOTEGAESHI
	KATADORIMENUCHI SHIHONAGE
	KATADORIMENUCHI IRIMINAGE (OMOTE-URA)
	CHUDANTSUKI JIYUWASA
	JODANTSUKI JIYUWASA

## SHODAN

- USHIROWAZA	RYOTEDORI IKKYO (OMOTE - URA)
	RYOTEDORI NIKYO (OMOTE-URA)
	RYOTEDORI SANKYO (OMOTE-URA)
	RYOTEDORI YONKYO (OMOTE-URA)
	RYOTEDORI KOTEGAESHI (OMOTE-URA)
	RYOTEDORI SHIHONAGE (OMOTE-URA)
	RYOTEDORI IRIMINAGE (OMOTE-URA)
	RYOTEDORI KOSHINAGE
	RYOTEDORI KOKYUNAGE
- TANTO DORI	SHOMENUCHI JIYUWASA
	YOKOMENUCHI JIYUWASA
	CHUDANTSUKI JIYUWASA
	JODANTSUKI JIYUWASA
- JO DORI	CHUDANTSUKI JIYUWASA
- JO NAGE	CHUDANTSUKI JIYUWASA
- TANINZUGAKE	JIYUWASA