

SHODAN

- SUWARIWAZA	SHOMEN UCHI IKKYO (OMOTE - URA)
	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 (OMOTE - URA)
- HANMIHANDACHIWAZA	KATATEDORI IKKYO (OMOTE - URA)
	KATATEDORI NIKYO (OMOTE - URA)
	KATATEDORI KOTEGAESHI (OMOTE - URA)
	KATATEDORI SHIHONAGE (OMOTE - URA)
	KATATEDORI IRIMINAGE (OMOTE - URA)
	KATATEDORI UCHIKAITENNAGE (OMOTE - URA)
	KATATEDORI SOTOKAITENNAGE (OMOTE - URA)
	USHIRO RYOKATADORI SANKYO (OMOTE-URA)
	USHIRO RYOKATADORI KOTEGAESHI
	USHIRO RYOKATADORI KOKYUNAGE
- TACHIWAZA	SHOMENUCHI IKKYO (OMOTE - URA)
	SHOMENUCHI NIKYO (OMOTE - URA)
	SHOMENUCHI SANKYO (OMOTE - URA)
	SHOMENUCHI YONKYO (OMOTE - URA)
	SHOMENUCHI GOKYO
	SHOMENUCHI KOTEGAESHI (OMOTE - URA)
	SHOMENUCHI SHIHONAGE (OMOTE - URA)
	SHOMENUCHI IRIMINAGE (OMOTE - URA)
	RYOTEDORI TENCHINAGE
	RYOTEDORI KOSHINAGE
	KATADORIMENUCHI IKKYO (OMOTE-URA)
	KATADORIMENUCHI NIKYO (OMOTE-URA)
	KATADORIMENUCHI KOTEGAESHI (OMOTE-URA)
	KATADORIMENUCHI SHIHONAGE (OMOTE-URA)
	KATADORIMENUCHI IRIMINAGE (OMOTE-URA)
	CHUDANTSUKI JIYUWASA
	JODANTSUKI JIYUWASA
- 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 KOKYUNAGE
- TANTO DORI	CHUDANTSUKI JIYUWASA
	JODANTSUKI JIYUWASA
- JO DORI	CHUDANTSUKI JIYUWASA
- JO NAGE	CHUDANTSUKI JIYUWASA
- TANINZUGAKE	JIYUWASA