

1 DAN

SUWARI WAZA

Shomen Uchi - Klawase

(1) Ikkyo bis Gokyo (2) Jiyu Waza

TACHI WAZA

Shomen Uchi

(1) Seoi Guruma - Koshi Guruma - Te Guruma
(mit Hitoemi Sabaki)

(2) Jiyu Waza (Kakari Geiko)

YONKYO UND UDEKIMENAGE

Ryote Tori

(1) Shihoonage Yonkyo Osae
Jyuji Musubi - Tekubi Gaeshi

Ushireo Ryote Tori

(2) Shihoonage Karami Osae

Chudan Tzuki
Renraku Henka Waza

(3) Udekimenage - Yonkyo
- Gyaku Hijikime Osae

Udekimenage - Yonkyo
- Soto Udegarami Osae

Mae Geri

Kokyunage

Chudan Tzuki

Jiyu Waza (Kakari Geiko)

Ryo Eri Tori

Jiyu Waza

Katatori Menuchi

Jiyu Waza

USHIRO WAZA

Ushiro Ryote Tori

Jiyu Waza

Ushiro Ryote Hiklage

(1) Kotegaeshi (2) Etc.

Ushiro Kubijime

(1) Shihoonage / Sankyo (2) Etc.

TACHI WAZA

Katate Ryote Tori

(1) Jiyu Waza

(2) Futari Dori I. Kokyu Taoshi
II. Shihoonage

Katate Tori Aihanmi

Ikkyo (mit Bokken - Verschiedene)

Katate Tori Gyakuhanmi

(1) Kubi Jime (Ura Jyujikiri)

(2) Kokyunage (Shin Ken)

Yokomen Uchi

(1) Ikkyo bis Gokyo (Hakobi Ashi Sabaki)

(2) Jiyu Waza (Irimitenkan Sabaki)
(Kakari Geiko)

Tanto

Tanto Tori