

1 KYU

TACHI WAZA

Shomen Uchi

Ikkyo bis Gokyo (Omote + Ura)

Kiawase Shomen Uchi

(1) Furizuki Kokyunage (Tan Ren)
Zanto Kokyunage " "

(2) Koshi Nage (Ikkyo Kuzushi)

I. Ikkyo Goshi
II. Nikyo Goshi
III. Sankyo Goshi
IV. Yonkyo Goshi

(3) Aiki Otoshi
Gyaku Aiki Otoshi

Ryo Eri Tori

Kaiten Otoshi (Verschiedene)

Mune Tori

I. Tan Ren

(1) Shihoonage
Uchikaiten Sankyo

II. Ttenshin Sabaki /
Irimi Tenkan Sabaki

(2) Iriminage
Genkei Kokyunage

(3) Etc.

Kata Tori Menuchi

(1) Iriminage - Kotegaeshi - Shihoonage -
Ikkyo

(2) Etc.

USHIRO WAZA

Ushiro Ryo Katatori

Jiyu Waza

IKKYO UND JYUJI GARAMI

Katate Ryote Tori

(1) Ikkyo (Verschiedene) - Jyuji Garami

Ushiro Ryote Tori

(2) Jyuji Garami - Gokyo Osae

Katate Tori
Aihanmi & Gyakuhanmi

(3) Jyuji Garami - Koshinage - Gokyo Osae

Katate Tori
Aihanmi & Gyakuhanmi

(1) Ukenagashi - Kokyunage (Kigata)

(2) Ukenagashi - Kokyunage (Mit Bokken)

Ryote Tori

Jiyu Waza (Kakari Geiko)

Yokomen Uchi

(1) Seoi Guruma (Mit Sankaku Tai)
Te Guruma " "

(2) Jiyu Waza

HANMI HANTACHI WAZA

Ryote Tori
(Ryo Kata Tori)

Jiyu Waza