

| <i>Shomenuchi Kiawase</i> | <i>Shomenuchi</i> | <i>Katatetori Aihanmi</i> | <i>Ushiro Ryotetori</i> |
|--|---|---|--|
| <p>Ikkyo (Omote&Ura) Nikyo (Omote&Ura) Sankyo (Omote&Ura) Yonkyo (Omote&Ura) Gokyo (Omote&Ura) Iriminage</p> <p>Kotegaeshi</p> <p>Sumiotochi</p> <p>Uchikaiten Nage</p> | <p>1 Sumiotoshi</p> <p>Aikigoshi</p> <p>Aiklotoshi (Maeotoshi)</p> <p>2 Kotegaeshi</p> <p>Iriminage</p> <p>Shihonage</p> | <p>Ikkyo (Omote&Ura) Nikyo (Omote&Ura) Sankyo (Omote&Ura) Yonkyo (Omote&Ura) Gokyo (Omote&Ura) Iriminage</p> <p>Kotegaeshi</p> | <p>Ikkyo (Omote) Nikyo (Ura) Sankyo (Omote) Kokyunage</p> <p>Kotegaeshi</p> <p>Iriminage</p> |
| | <p>Sankio</p> <p>Uchikaiten Sankio</p> | <p>Shionage (omote&Ura) Udekimenage</p> | <p>Hijidori 1 Iriminage</p> <p>Kotegaeshi</p> <p>Shionage</p> <p>Jyujigarami</p> |
| <p>1 Tan Ren Furizuki Kokyunage</p> <p>Zanto Kokyunage</p> <p>2 Koshinage (Ikkyo Kuzushi)</p> <p>I. Ikko Goshi II. Nikyo Goshi III. Sankyo Goshi IV. Yonkyo Goshi</p> <p>3 Aiki Otoshi</p> <p>yaku Aiki Otoshi</p> | <p>Aiklotoshi Maeotoshi - Ushirootoshi</p> <p>Mit Hijikime Osae</p> <p>Nikyo (omote&Ura) Ude Garami</p> | <p>Tenshinsabaki 1 Ikkyo (Omote&Ura) Nikyo (Omote&Ura) Sankyo (Omote&Ura) Yonkyo (Omote&Ura)</p> <p>2 Jiyu Waza</p> | <p>2 Ikkyo</p> <p>Nikyo</p> <p>Sankyo</p> <p>Yonkyo</p> |
| | <p>Ikkyo (Omote&Ura) Nikyo (Omote&Ura) Sankyo (Omote&Ura) Yonkyo (Omote&Ura) Gokyo (Omote&Ura)</p> | <p>Sankio</p> <p>Uchikaiten Sankio</p> | <p>3 Etc.</p> |
| <p>Suwariwaza</p> <p>Iriminage</p> <p>Kotegaeshi</p> <p>Ikkyo (Omote&Ura) Nikyo (Omote&Ura) Sankyo (Omote&Ura) Yonkyo (Omote&Ura) Gokyo (Omote&Ura)</p> <p>Jiyu Waza</p> | <p>Mit Hitoemi Sabaki</p> <p>Seoi Guruma</p> <p>Koshi Guruma</p> <p>Te Guruma</p> <p>Jiyu Waza Kakari Geiko</p> | <p>Jyujigarami- -Koshinage- Gokyo Osae</p> <p>Ukenagashi- Kokyunage Kigata</p> <p>Ukenagashi- Kokyunage Bokken</p> | <p>Jyujigarami- Gokyo Osae</p> <p>Shionage Karami osae</p> <p>Jiyu Waza</p> |
| | | <p>Ikkyo Mit Bokken Verschiedene</p> | |

| <i>Ryotetori</i> | <i>Katatori Menuchi</i> | <i>Ushiro Ryokatatori</i> | <i>Munetori (Ryoeridori)</i> |
|--|---|--|---|
| Tenchinage Genkeikokyunage Shihonage (Omote&Ura) Udekimenage Kiriotoshi (Chinshin) | 1 Kotegaeshi Shihonage Iriminage Ikkyo 2 Etc. | <u>Tate Ichimonji</u> <u>Yoko Ichimonji</u> Kokyunage Jiyu Waza | Hijikime Osae 1 <u>Tan Ren</u> I. Shihonage Uchikaiten Sankyo |
| 1 <u>Kigata</u> Tenchinage Genkeikokyunage 2 <u>Verschiedene</u> Kokyunage | Jiyu Waza <i>Katatori</i> <u>Suwaru Waza</u> Jiyu Waza | 1 Kotegaeshi 2 Ect. | II. Iriminage Genkei Kokyunage III. Ect. 2 <u>Tenshin Sabaki</u> |
| <u>Kakari Gelko</u> Jiyu Waza | <i>Ryo Katatori</i> <u>Hanmi Hantachi Waza</u> JiyuWaza | <i>Ushiro Kubijime</i> 1 Shihonage Sankyo 2 Ect. | I. Shihonage Uchikaiten Sankyo II. Iriminage Genkei Kokyunage III. Ect. |
| <u>Hanmi Hantachi Waza</u> Jiyu Waza | <i>Ryo Eri Dori</i> Kalten Otoshi (Verschiedene) Jiyu Waza | | 3 <u>Irimi Tenkan Sabaki</u> I. Shihonage Uchikaiten Sankyo II. Iriminage Genkei Kokyunage |
| Shihonage Yonko Osae Jyuji Musubi & TekubiGaeshi | <i>Mae Geri</i> Kokyunage | | III. Ect. |
| <u>Suwaru Waza</u> Kokyuho (Mit Furikaburi) | <i>Tanto</i> Tanto Tori | | |

| <i>Chudan Tsuki</i> | <i>Katate Ryotetorii</i> | <i>Yokomen Uchi</i> | <i>Katatetori Gyakuhanmi</i> |
|--|--|---|--|
| Ikkyo Kotegaeshi | 1 <i>Kokyunage</i> Genkel Kokyunage | Shihonage Iriminage | Shihonage Tenchinage |
| 1 Kotegaeshi - Hijikime Osae | Maeotoshi Hiklotoshi | <i>Kakari Geiko</i> Shihonage | Genkeikokyunage Uchikaitennage |
| 2 Iriminage -Kiriotoshi | Kiriotoshi Kaitenotoshi | 1 <i>Hakobi-Ashi +</i> <i>Irimitenkan-Ashi</i> Ikkyo (Omote&Ura) | Sotokaitennage |
| 3 Sotokaiten Nage - Udegarami Osae | 2 <i>Mit Jo</i> Jo Sabaki | Kotegaeshi Iriminage | Ikkyo (Omote&Ura) Kotegaeshi Iriminage |
| <i>nraku Henka Waza</i> | 3 <i>Ohne Jo</i> Jiyu Waza | Uchikaiten Sankyo | Sankyo Uchikaiten Sankyo |
| 1 Udekimenage- Yonkyo- Gyaku Hijikime Osae | | 2 <i>Kigata</i> Hurizuki- Kokyunage | <i>Hanmi Hantachi Waza</i> Shihonage |
| 2 Udekimenage- Yonkyo- Soto Udegarami Osae | Ikkyo (Verschiedene) Jyuji Garami | Zanto-Kokyunage | 1 Udegarami Nikyo Osae & Sankyo Osae |
| <i>Kakari Geiko</i> Jiyu Waza | 1 Jiyu Waza | 1 <i>Mit Sankaku Tai</i> Seoi Guruma Te Guruma | 2 Jiyu Waza Jyuji Garami- Koshinage Gokio Osae |
| | 2 <i>Futaritori</i> I. Kokyu Taoshi II. Shihonage | 2 Jiyu Waza | |
| | | 1 <i>Hakobi Ashi Sabaki</i> Ikkyo bis Gokyo | 1 Ukenagashi- Kokyunage (Kigata) |
| | | 2 <i>Irimitenkan Sabaki</i> <i>Kakari Geiko</i> Jiyu Waza | 2 Ukenagashi- Kokyunage (Bokken) |
| | | | 1 Kubi Jime (Ura Jyujikiri) |
| | | | 2 Kokyunage (Shin Ken) |