

TECHNIEKEN

Shodan-Gi

Suwari Waza

Nukite

Atemi (kasumi no-to)

Hiza Gatame

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Uchi Komi Dori

Hantachi Waza

Yoko Katate Osae Dori

Yoko Morote Osae Dori

Tachi Waza

Shuto Zeme

Shuto Zeme Otoshi

Atemi (Kasumi No-To)

Uto No-To

Hiki Otoshi

Aiki Nage

Kote Gaeshi Dori

Gassho Dori

Ude Osae Dori

Hanbo Waza

1. Nukite Dori

2. Uchi Komi Dori Nage

3. Uchi Komi shiho Nage

4. Hara Gatame Nage

5. Hara jime otoshi

6. Kube Jime Gatame

7. Yoko Otoshi

8. Yoko Men Shiho Nage

9. Yoko Gaeshi Otoshi

10. Ude Maki Dori

11. Hara Dori Gakun

12. Yoko Kubi Jime Dori

Mune Osae Dori
Ude Mune Osae Dori
Uchi Komi Dori
Ushiro Zeme Otoshi
Kubi Jime Nage
Ushiro Kubi Jime Nage

Nidan-Gi

Suvari Waza

Kawa Semi
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kote Gaeshi Dori
Gassho Dori
Kote Dori

Hantachi Waza

Mae Ryote Osae Dori

Tachi Waza

Kawa Semi
Maki Komi Dori
Aya Dori
Shuto Jime
Kote Gaeshi Dori
Gassho Dori
Ude Osae Dori
Mune Osae Dori

Sandan-Gi

Suvari Waza

Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kote Gaeshi Dori
Ryote Osae Aya Dori
Gassho Dori
Tsukimi Dori

Hantachi Waza

Yoko Katate Osae Dori
Yoko Morote Osae Dori
Ushiro Gyaku Kubi Jime Dori

Tachi Waza

Emon Dori
Ushiro Emon Dori
Ude Osae Dori
Mune Osae Dori
Kote Gaeshi Dori
Gassho Dori
Uchi Komi Dori
Tsukimi Dori

Uchi Komi Dori

Kote Dori

Uchi Komi Kote Dori

Mune Osae Kote Dori

Shiho Nage

Ushiro Shiho Nage

Kata Mune Osae Mochi Mawari

Ryote Mochi Mawari Dori

Mae Obi Hiki Dori

Ushiro Obi Hiki Dori

Ushiro Zeme Dori

Ushiro Nukite Dori

Ushiro Kubi Jime Nage

Tanto Dori

Nuki Uchi Dori