

1 KYU

TACHIWAZA:

KATADORI MENUCHI	IKKYO (omote, ura) NIKYO (omote, ura) SANKYO (omote, ura) YONKYO (omote, ura) IRIMI-NAGE SHIHO-NAGE (omote, ura) KOTE-GAESHI KOKYU-NAGE KOSHI NAGE
CHUDAN-TSUKI	IKKYO (omote, ura) IRIMI-NAGE KOTE-GAESHI SOTOKAITEN NAGE (omote, ura) UDEKIME NAGE SHIHO-NAGE (omote, ura) UCHIKAITEN SANKYO
JODAN-TSUKI	IKKYO (omote, ura) SHIHO-NAGE (omote, ura) UCHIKAITEN SANKYO (omote, ura) IRIMI-NAGE HIJIKIME OSAE
MAE GERI	IRIMI-NAGE
USHIRO RYOKATADORI	IKKYO (omote, ura) KOKYU-NAGE AIKIOTOSHI
ERIDORI	KOTE-GAESHI SHIHO-NAGE (omote, ura)
KATATEDORI-KUBISHIME	SANKYO (omote, ura) KOTE-GAESHI KOSHI-NAGE

HANMI-HANDACHIWAZA:

GYAKUHANMI KATATEDORI	NIKYO (omote, ura) IRIMI-NAGE KOTE-GAESHI
RYOTEDORI	SHIHO-NAGE (omote, ura) KOKYU-NAGE
SHOMEN-UCHI	IRIMI-NAGE

JIYUWAZA:

CHUDAN-TSUKI
SHOMEN-UCHI
USHIRO RYOTEDORI