

2 KYU

TACHIWAZA:

MOROTEDORI

IKKYO (omote, ura)
NIKYO (omote, ura)
SANKYO (omote, ura)
YONKYO (omote, ura)
SHIHO-NAGE (omote, ura)
IRIMI-NAGE
KOTE-GAESHI
JUJIGARAMI
UDEKIME NAGE

RYOKATADORI

IKKYO (omote, ura)
KOKYU-NAGE

SHOMEN-UCHI

GOKYO (omote, ura)

YOKOMEN-UCHI

GOKYO (omote, ura)

USHIRO RYOTEDORI

IKKYO (omote, ura)
NIKYO (omote, ura)
SANKYO (omote, ura)
YONKYO (omote, ura)
IRIMI-NAGE
SHIHO-NAGE (omote, ura)
KAITEN NAGE (omote, ura)
KOTE-GAESHI
KOKYU-NAGE
JUJIGARAMI
KOSHI-NAGE

HANMI-HANDACHIWAZA:

GYAKUHANMI KATATEDORI

SHIHO-NAGE (omote, ura)
IKKYO (omote, ura)
KAITEN-NAGE (omote, ura)

SUWARIWAZA:

SHOMEN-UCHI

IRIMI-NAGE
KOTE-GAESHI
SOTOKAITEN-NAGE (omote, ura)

YOKOMEN-UCHI

YONKYO (omote, ura)
SHIHO-NAGE (omote, ura)
KOTE-GAESHI

JIYUWAZA:

RYOTEDORI

YOKOMEN-UCHI