

1 er. KYU

- **TACHIWAZA:**

- 1- YOKOMENUCHI JIYUWAZA
- 2- CHUDANTSUKI JIYUWAZA
- 3- MAGERI JIYUWAZA
- 4- MUNEDORI MENUCHI IKKYO (OMOTE – URA)
- 5- MUNEDORI MENUCHI NIKYO (OMOTE – URA)
- 6- MUNEDORI MENUCHI SANKYO (OMOTE – URA)
- 7- MUNEDORI MENUCHI KOSHINAGE
- 8- JODANTSUKI YONKYO (OMOTE – URA)
- 9- JODANTSUKI KOSHINAGE
- 10- JODANTSUKI IRIMINAGE
- 11- JODANTSUKI SHIHONAGE
- 12- JODANTSUKI SOTOKAITENNAGE
- 13- JODANTSUKI USHIROKIRIOTOSHI

- **USHIROWAZA :**

- 14- RYOTEDORI YONKYO (OMOTE – URA)
- 15- RYOTEDORI KOKYUNAGE
- 16- RYOTEDORI KOSHINAGE
- 17- KATATEDORI KUBISHIME SANKYO
- 18- KATATEDORI KUBISHIME NIKYO
- 19- ERIDORI NIKYO (OMOTE – URA)
- 20- ERIDORI SANKYO (OMOTE – URA)
- 21- ERIDORI IRIMINAGE

- **HANMIANTACHIWAZA :**

- 22- KATATEDORI SHIHONAGE
- 23- KATATEDORI UCHIKAITENNAGE
- 24- KATATEDORI IKKYO (OMOTE – URA)
- 25- RIOTEDORI SHIHONAGE

- **SUWARIWAZA:**

26- SHOMENUCHI JIYUWAZA

27- RYOKATADORI SANKYO (OMOTE – URA)

28- RYOKATADORI YONKYO (OMOTE – URA)

29- KATADORI MENUCHI IRIMINAGE

30- KATADORI MENUCHI KOTEGAESHI

31- KATADORI MENUCHI KOKYUNAGE