

1° KYU

TACHIWAZA

MUNADORI MENUCHI: IKKYO, NIKYO,
SANKYO, KOSHINAGE.

JODANTSUKI: YONKYO, IRIMINAGE,
USHIROKIRIOTOSHI, UDEKIMENAGE,
SOTOKAITENAGE, KOSHINAGE.

USHIROWAZA

RYOTEDORI: YONKYO, KOSHINAGE,
KOKYUNAGE.

KATATEDORI KUBISHIME: SANKYO, NIKYO.

ERIDORI: NIKYO, SANKYO, IRIMINAGE.

HANMIHANDACHIWAZA

KATATEDORI: IKKYO, UCHIKAITENNAGE,
SHIHONAGE (O-U).

RYOTEDORI: SHIHONAGE ;

SUWARIWAZA

RYOKATADORI: SANKYO, YONKYO.

KATADORI MENUCHI: IRIMINAGE,
KOTEGAESHI, KOKYUNAGE.