TACHI WAZA

		KATAME WAZA								NAGE WAZA															
		IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	UDE GARAMI	HIJI KIME OSAE	UCHI KAITEN SANKYO	IRIMI NAGE	KOTE GAESHI	SHIHO NAGE	UDE KIME NAGE	KOKYU NAGE	TENCHI NAGE	SOTO KAITEN NAGE	UCHI KAITEN NAGE	KOSHI NAGE	SUMI OTOSHI	USHIRO KIRI OTOSHI	SOKUMEN IRIMI NAGE	AIKI OTOSHI	JUJI GARAMI	KUBI NAGE	KOKYU HO
SAISIES SIMPLES	KATATE DORI (ai hanmi)																								
	KATATE DORI (gyakui hanmi)																								
	SODE DORI																								
	KATA DORI																								
	MUNA DORI																								
SAISIES DOUBLES	KATATE RYOTE DORI (= morote dori)																								
	RYOTE DORI																								
	MAE RYOTE KATA DORI																								
	MUNA DORI MEN UCHI																								
	KATA DORI MEN UCHI																								
USHIRO WAZA	USHIRO RYOTE DORI																								
	USHIRO KATATE DORI KUBI SHIME																								
	USHIRO RYO KATA DORI																								
	USHIRO RYO HIJI DORI																								
	USHIRO ERI DORI																								
FRAPPES	SHOMEN UCHI																								
	YOKOMEN UCHI																								
	CHUDAN TSUKI																								
	JODAN TSUKI																								
	MAE GERI																								

SUWARI WAZA

	KATAME WAZA								NAGE WAZA															
	IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	UDE GARAMI	HIJI KIME OSAE	UCHI KAITEN SANKYO	IRIMI NAGE	KOTE GAESHI	SHIHO NAGE	UDE KIME NAGE	KOKYU NAGE	TENCHI NAGE	SOTO KAITEN NAGE	UCHI KAITEN NAGE	KOSHI NAGE	SUMI OTOSHI	USHIRO KIRI OTOSHI	SOKUMEN IRIMI NAGE	AIKI OTOSHI	JUJI GARAMI	KUBI NAGE	KOKYU HO
KATATE DORI (ai hanmi)	■	■							■															
KATATE DORI (gyakui hanmi)	■	■																						
KATA DORI																								
MUNA DORI																								
RYOTE DORI																								■
MAE RYO KATA DORI																								
SHOMEN UCHI	■			■					■															
YOKOMEN UCHI	■			■																				

HANMI HANTACHI WAZA

	IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	UDE GARAMI	HIJI KIME OSAE	UCHI KAITEN SANKYO	IRIMI NAGE	KOTE GAESHI	SHIHO NAGE	UDE KIME NAGE	KOKYU NAGE	TENCHI NAGE	SOTO KAITEN NAGE	UCHI KAITEN NAGE	KOSHI NAGE	SUMI OTOSHI	USHIRO KIRI OTOSHI	SOKUMEN IRIMI NAGE	AIKI OTOSHI	JUJI GARAMI	KUBI NAGE	KOKYU HO
KATATE DORI																								
RYOTE DORI																								
MAE RYO KATA DORI																								
USHIRO RYO KATA DORI																								
SHOMEN UCHI																								
YOKOMEN UCHI																								