

1er KYU

SUWARI WAZA

AI HAMMI KATATE DORI	Ikkyo Irimi nage	SHOMEN UCHI	Ikkyo Nikyo
HATATE DORI	Ikkyo Nikyo Kote Gaeshi		Sankyo Yonkyo Gokyo
KATA DORI	Irimi nage Ikkyo Nikyo Sankyo Yonkyo	YOKOMEN UCHI	Kote Gaeshi Irimi nage Ikkyo Nikyo Sankyo Yonkyo Gokyo Kote Gaeshi Irimi nage
RYO KATA DORI	Ikkyo Nikyo		

HANMI HANDACHI WAZA

KATATE DORI	Nikyo Shiho Nage Uchi Kaiten Nage Soto Kaiten Nage	SHOMEN UCHI	Ikkyo Nikyo Gokyo Kote Gaeshi Irimi nage
RYOTE DORI	Shiho Nage		

TACHI WAZA

AI HAMMI KATATE DORI	Ikkyo Nikyo Sankyo Kote Gaeshi Shiho Nage Irimi nage Kokyu Nage Koshi Nage Ude Kimi Nage	KATATE RYOTE DORI	Ikkyo Nikyo Kote Gaeshi Irimi nage Naname Kokyu Nage Kokyu Nage Koshi Nage Ude Kimi Nage Juji Garami
KATATE DORI	Ikkyo Nikyo Sankyo Yonkyo Kote Gaeshi Shiho Nage Irimi Nage Tenchi Nage Uchi Kaiten Nage Soto Kaiten Nage Naname Kokyu Nage Kokyu Nage Koshi Nage Ude Kimi Nage Sumi Otoshi Aiki Otoshi	RYOTE DORI	Ikkyo Kote Gaeshi Shiho Nage Irimi Nage Tenchi Nage Kokyu Nage Koshi Nage Ikkyo Nikyo Sankyo Yonkyo Kokyu Nage Koshi Nage Naname Kokyu Nage Kokyu Nage Koshi Nage
		KATA DORI	
		MAE RYO KATA DORI	Naname Kokyu Nage Kokyu Nage Koshi Nage

TACHI WAZA (suite)

MUNA DORI

KATA DORI MEN UCHI

MUNA DORI MEN UCHI

USHIRO RYOTE DORI

USHIRO RYO KATADORI

USHIRO RYO HIJI DORI

USHIRO ERI DORI

USHIRO KATATE DORI KUBI SHIME

Shiho Nage
Kokyu Nage
Ikkyo
Nikyo
Sankyo
Kote Gaeshi
Shiho Nage
Irimi Nage
Kokyu Nage
Koshi Nage

Ikkyo
Nikyo
Sankyo
Kote Gaeshi
Shiho Nage
Irimi Nage
Naname Kokyu Nage
Kokyu Nage
Koshi Nage
Ude Kimi Nage
Juji Garami

Ikkyo
Nikyo
Sankyo
Naname Kokyu Nage
Kokyu Nage
Koshi Nage

Ikkyo

Ikkyo
Kote Gaeshi
Shiho Nage
Kote Gaeshi
Shiho Nage
Kokyu Nage
Koshi Nage

SHOMEN UCHI

YOKOMEN UCHI

CHUDAN TSUKI

JODAN TSUKI

Ikkyo
Nikyo
Sankyo
Yonkyo
Gokyo
Kote Gaeshi
Shiho Nage
Irimi Nage
Uchi Kaiten Nage
Soto Kaiten Nage
Kokyu Nage
Koshi Nage
Ikkyo
Nikyo
Sankyo
Yonkyo
Gokyo
Kote Gaeshi
Shiho Nage
Irimi Nage
Kokyu Nage
Koshi Nage
Ude Kimi Nage
Ikkyo
Nikyo
Sankyo
Kote Gaeshi
Irimi Nage
Kokyu Nage
Koshi Nage
Ikkyo
Nikyo
Sankyo
Shiho Nage
Irimi Nage
Kokyu Nage
Koshi Nage
Hiji Kimi Osae