

Nidan Kihon Waza

Suwari Waza

01_Kawa Semi

02_Ude Osae Dori

03_Mune Osae Dori

04_Uchi Komi Dori

05_Kote Gaeshi Dori

06_Gassho Dori

07_Kote Dori

Hantachi Waza

01_Mae Ryote Osae Dori

Tachi Waza

01_Kawa Semi

02_Maki Komi Dori

03_Aya Dori

04_Shuto Jime

05_Koto Gaeshi Dori

06_Gassho Dori

07_Ude Osae Dori

08_Mune Osae Dori

09_Uchi Komi Dori

10_Sakaki Gaeshi

11_Kude Gatame Omote

12_Kude Gatame Ura

13_Kote Dori

14_Uchi Komi Kote Dori

15_Mune Osae Kote Dori

16_Shiho Nage

17_Ushiro Shiho Nage

