

## Nage Waza

### IK KYO

1. De Ashi Barai
2. Hiza Guruma
3. Sasae Tsuru Komi Ashi
4. Uki Goshi
5. O Soto Gari
6. O Goshi
7. O Uchi Gari
8. Seoi Nage

### SAN KYO

1. Ko Soto Gake
2. Tsuru Goshi
3. Yoko Otoshi
4. Ashi Guruma
5. Hane Goshi
6. Harai Tsuru Komi Ashi
7. Tomoe Nage
8. Kata Guruma

### GO KYO

1. O Soto Guruma
2. Uki Waza
3. Yoko Wakare
4. Yoko Guruma
5. Ushiro Goshi
6. Ura Nage
7. Sumi Otoshi
8. Yoko Gake

### SHINMEISHO NO WAZA

1. Morote Gari
2. Kibusu Gaeshi
3. Daki Age
4. Ko Uchi Gaeshi
5. O Soto Gaeshi
6. Uchi Mata Gaeshi
7. Kani Basami
8. Kawazu Gake
9. Uchi Mata Maki Komi
10. Ippon Seoi Nage

### NI KYO

1. Ko Soto Gari
2. Ko Uchi Gari
3. Koshi Guruma
4. Tsuru Komi Goshi
5. Okuri Ashi Barai
6. Tai Otoshi
7. Harai Goshi
8. Uchi Mata

### YON KYO

1. Sumi Gaeshi
2. Tani Otoshi
3. Hane Maki Komi
4. Sukui Nage
5. Utsuri Goshi
6. O Guruma
7. Soto Maki Komi
8. Uki Otoshi

### ROKU KYO

1. Obi Otoshi
2. Seoi Otoshi
3. Yama Arashi
4. O Soto Otoshi
5. Daki Wakare
6. Kikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Maki Komi

### NEW TECHNIQUES ACCEPTÉES

11. Kuchiki Daoshi
12. Uchi Mata Sukashi
13. Tsumbame Gaeshi
14. O Uchi Gaeshi
15. O Uchi Gaeshi
16. Hane Goshi Gaeshi
17. O Soto Maki Komi
18. Harai Maki Komi
19. Sode Tsuru Komi Goshi