

TACHI WAZA	AI HAMMI KATATE DORI	KATATE DORI	RYOTE DORI	KATATE RYOTE DORI	HIJI DORI	MUNE DORI	KATA DORI	RYO KATA DORI	RYO HIJI DORI	SHOMEN UCHI	YOKOMEN UCHI	KATA DORI MEN UCHI	KATA DORI YOKOMEN	MUNE DORI MEN UCHI	MUNE DORI YOKOMEN UCHI	USHIRO RYOTE DORI	USHIRO RYO HIJI DORI	USHIRO RYO KATA DORI	USHIRO ERI DORI	USHIRO K D kubi SHIME	GEDAN TSUKI	SHUDAN TSUKI	JODAN TSUKI
IKKYO	X	X	X	X		X	X	X		X	X	X	X	X	X	X		X	X	X			X
NIKYO	X	X	X	X			X	X		X	X	X	X	X		X		X	X	X			X
SANKYO	X	X	X			X	X		X	X	X		X	X	X	X		X	X	X		X	X
YONKYO		X								X	X					X							X
GOKYO										X	X		X										
UDE GARAMI	X	X					X	X													X		
HIJI KIME OSAE						X										X					X	X	
KOTE GAESHI	X	X	X	X						X	X	X				X	X	X		X	X	X	
SHIHO NAGE	X	X	X	X		X					X		X			X			X			X	
IRIMI NAGE	X	X	X							X	X	X			X	X	X	X	X		X	X	X
KAITEN NAGE	X	X	X							X	X											X	X
TENCHI NAGE		X	X								X												
UDE KIME NAGE	X	X	X			X					X										X	X	
KOKYU NAGE	X	X	X	X				X		X						X		X	X				
KIRI OTOSHI																					X	X	
SUMI OTOSHI		X	X							X											X		
KOKYU HO			X	X																			
AIKI OTOSHI		X						X			X					X		X					
KOSHI NAGE		X	X																				
JUJI GARAMI				X										X		X		X		X			