

## Yudan Step Shitei-waza Syllabus

### 1. Jodan-zuki (both sides)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage (1)(2)
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage

### 4. Shomen-geri (both sides)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo-osae
- Yonkajo-nage
- Sokumen Irimi-nage
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage
- Sumi-otoshi
- Irimi-zuki

### 2. Tateken(both sides)

- Shiho-nage
- Ikkajo-osae (1)(2)
- Nikajo-osae (1)(2)
- Sankajo-osae (1)(2)
- Yonkajo-Osae (1)(2)
- Sokumen Irimi-nage (1)(2)
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage (1)(2)

### 5. Yokomen-geri (both sides)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo-osae
- Yonkajo-nage
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage
- Hiza-otoshi
- Sumi-otoshi
- Irimi-zuki

### 3. Uraken-uchi (both sides)

- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage
- Shomen Irimi-nage
- Kote-gaeshi (1)(2)

### 6. Yoko-geri (both sides)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Shomen Irimi-nage
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage

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### 7. Kento-gata (one side only)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage (1)(2)
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage

### 10. Kento-Yokomen-geri (one side only)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo-osae
- Yonkajo-nage
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage
- Hiza-otoshi
- Sumi-otoshi
- Irimi-zuki

### 8. Kento-Uraken (one side only)

- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage
- Shomen Irimi-nage
- Kote-gaeshi (1)(2)

### 11. Shomen-geri-Kento (one side only)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage (1)(2)
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage

### 9. Kento-Shomen-geri (one side only)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo-osae
- Yonkajo-nage
- Sokumen Irimi-nage
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage

### 12. Yokomen-geri-Kento (one side only)

- Shiho-nage
- Ikkajo
- Nikajo
- Sankajo
- Yonkajo
- Sokumen Irimi-nage (1)(2)
- Shomen Irimi-nage (1)(2)
- Kote-gaeshi (1)(2)
- Hiji-ate Kokyu-nage