

Pre-Shodan Syllabus

1. First Step

Katate-mochi Shiho-nage (1) (2)

Ryote-mochi Shiho-nage (1) (2)

Yokomen-uchi Shiho-nage (1) (2)

Hanmi-handachi Katate-mochi Shiho-nage (1) (2)

↻ ↻ Shomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Yokomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Katate-mochi Ikkajo-osae (1) (2)

↻ ↻ Kata-mochi Ikkajo-osae (1) (2)

Shomen-uchi Jiyu-waza

2. Second Step

↻ ↻ Katate-mochi Nikajo-osae (1) (2)

↻ ↻ Kata-mochi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Nikajo-osae (1) (2)

↻ ↻ Yokomen-uchi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Sankajo-osae (1) (2)

↻ ↻ Yokomen-uchi Sankajo-osae (1) (2)

↻ ↻ Katate-mochi Sankajo-osae (1) (2)

Yokomen-uchi Jiyu-waza

3. Third Step

↻ ↻ Shomen-uchi Yonkajo-osae (1) (2)

↻ ↻ Yokomen-uchi Yonkajo-osae (1) (2)

↻ ↻ Katate-mochi Yonkajo-osae (1) (2)

↻ ↻ Katate-mochi Sokumen Irimi-nage (1) (2)

↻ ↻ Kata-mochi Sokumen Irimi-nage (1) (2)

↻ ↻ Shomen-uchi Shomen Irimi-nage (1) (2)

↻ ↻ Yokomen-uchi Shomen Irimi-nage (1) (2)

Katate-mochi Jiyu-waza

Pre-Shodan Syllabus

4. Fourth Step

- ↻ ↻ Shomen-uchi Hiji-shime (1) (2)
- ↻ ↻ Yokomen-uchi Hiji-shime (1) (2)
- ↻ ↻ Kata-mochi Hiji-shime (1) (2)
- ↻ ↻ Mune-mochi Hiji-shime (1) (2)
 - Ushiro Ryote-mochi Ikkajo-osae (1) (2)
 - Ushiro Ryote-mochi Sankajo-osae (1) (2)
 - Ushiro Katate-eri-mochi Sankajo-osae (1) (2)

Ryote-mochi Jiyu-waza

5. Fifth Step

- ↻ ↻ Shomen-uchi Hiji-ate Kokyu-nage (1) (2)
- ↻ ↻ Yokomen-uchi Hiji-ate Kokyu-nage (1) (2)
- ↻ ↻ Katate-mochi Hiji-ate Kokyu-nage (1) (2)
- ↻ ↻ Shomen-uchi Kote-gaeshi (1) (2)
- ↻ ↻ Yokomen-uchi Kote-gaeshi (1) (2)
- ↻ ↻ Shomen-zuki Kote-gaeshi (1) (2)
- ↻ ↻ Ryote-mochi Tenchi-nage (1) (2)
 - Suwari-waza Ryote-mochi Kokyu-ho (1) (2) (3)

Shomen-zuki Jiyu-waza