

Shokyu 1st - 3rd Kyu

Sogo Shinsa (March – June 2022)

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Tai-no-henko (1)
4	Hiriki-no-yosei (1)
5	Hiriki-no-yosei (2)
6	Suwari-waza Shomen-uchi Sankajo-osae (1)
7	Ushiro-waza Katate-eri-mochi Ikkajo-osae (2)
8	Jodan-zuki Sokumen Irimi-nage (1)
9	Shitei-waza
10	Shitei-waza
11	Shitei-waza
12	Shumatsu-dosa (1)
13	Shumatsu-dosa (2)
14	Shomen-zuki Renzoku-waza 1. Shomen-zuki Sumi-otoshi 2. Shomen-zuki Kote-gaeshi 3. Shomen-zuki Hiji-ate Kokyu-nage 4. Shomen-zuki Ude-garami 5. Shomen-zuki Shiho-nage-kuzushi 6. Shomen-zuki Shomen Irimi-nage 7. Shomen-zuki Kokyu-nage

Shokyu Shitei Waza

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

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

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

↻ ↻ Shomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Yokomen-uchi Ikkajo-osae (1) (2)

↻ ↻ Kata-mochi Ikkajo-osae (1) (2)

Ushiro Ryote-mochi Ikkajo-osae (1) (2)

↻ ↻ Katate-mochi Nikajo-osae (1) (2)

↻ ↻ Kata-mochi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Nikajo-osae (1) (2)

↻ ↻ Shomen-uchi Sankajo-osae (1) (2)

↻ ↻ Yokomen-uchi Sankajo-osae (1) (2)

Ushiro Ryote-mochi Sankajo-osae (1) (2)

↻ ↻ Shomen-uchi Yonkajo-osae (1) (2)

↻ ↻ Yokomen-uchi 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)

↻ ↻ Shomen-uchi Hiji-shime (1) (2)

↻ ↻ Yokomen-uchi Hiji-shime (1) (2)

↻ ↻ Mune-mochi Hiji-shime (1) (2)

↻ ↻ Shomen-uchi Kote-gaeshi (1) (2)

↻ ↻ Yokomen-uchi Kote-gaeshi (1) (2)

↻ ↻ Ryote-mochi Tenchi-nage (1) (2)

Suwari-waza Ryote-mochi Kokyu-ho (1) (2)

↻ ↻ Both Standing and Sitting position)