

Shokyu 1st - 3rd Kyu

Sogo Shinsa (September – December 2019)

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 Kote-gaeshi (1)
7	Ushiro-waza Katate-eri-mochi Ikkajo-osae (2)
8	Shomen-geri Nikajo-osae
9	Shitei-waza
10	Shitei-waza
11	Shitei-waza
12	Shumatsu-dosa (1)
13	Shumatsu-dosa (2)
14	Shomen-uchi Renzoku-waza <ul style="list-style-type: none">1. Shomen-uchi Sumi-otoshi2. Shomen-uchi Kote-gaeshi3. Shomen-uchi Hiji-ate Kokyu-nage4. Shomen-uchi Ude-garami5. Shomen-uchi Shiho-nage-kuzushi6. Shomen-uchi Shomen Irimi-nage7. Shomen-uchi 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)