

# Yudan

1	Tai-no-Henko (1)
2	Suwari-waza Kata-mochi Yonkajo-osae (1)
3	Ushiro Ryote-mochi Aiki-nage
4	Shitei-waza-1
5	Shitei-waza-2
6	Shitei-waza-3
7	Shitei-waza-4
8	Shumatsu-dosa (1)
9	Shumatsu-dosa (2)
10	Renzoku-waza -1 Nidan: Shomen-geri Sandan: Yokomen-geri Yondan: Yokomen-shomen-geri Godan: Shitei Renzoku-waza (one from Shomen-geri, Yokomen-geri, Yokomen-shomen-geri)
11	Renzoku-waza -2 Kentou-gata
12	Shitei Jiyu-waza
13	Shitei Jiyu-waza
14	Sannin-dori Jiyu-waza (Toshu, Tanto, Ken) (Ninin dori with Toshu and Tanto for 2 <sup>nd</sup> Dan)

## Shitei Jiyu-waza

Shomen-uchi Jiyu-waza  
Yokomen-uchi Jiyu-waza  
Katate-mochi Jiyu-waza  
Ryote-mochi Jiyu-waza  
Shomen-zuki Jiyu-waza  
Kata-mochi Jiyu-waza  
Shomen/Yokomen-uchi Jiyu-waza  
Ushiro-Ryote Mochi Jiyu-waza  
Ushiro Ryohiji-mochi Jiyu-waza  
Ushiro Ryokata-mochi Jiyu-waza  
Tanto-dori Jiyu-waza  
Ken-dori Jiyu-waza

## Yudan Shitei-waza

Katate-mochi Shiho-nage (1) (2)  
 Ryote-mochi Shiho-nage (1) (2)  
 Yokomen-uchi Shiho-nage (1) (2)  
 Shomen-uchi Shiho-nage  
 Jodan-zuki Shiho-nage  
 Hanmi-handachi Katate-mochi Shiho-nage (1) (2)  
 Hanmi-handachi Ryote-mochi Shiho-nage  
 ♦ Shomen-uchi Ikkajo-osae (1) (2)  
 ♦ Yokomen-uchi Ikkajo-osae (1) (2)  
 ♦ Katate-mochi Ikkajo-osae (1) (2)  
 ♦ Hiji-mochi Ikkajo-osae (1) (2)  
 ♦ Kata-mochi Ikkajo-osae (1) (2)  
 Jodan-zuki Ikkajo-osae  
 Shomen-geri Ikkajo  
 Yokomen-geri Ikkajo  
 Ushiro Ryote-mochi Ikkajo-osae (1) (2)  
 Ushiro Katate-eri-mochi Ikkajo-osae (1) (2)  
 Ushiro Ryohiji-mochi Ikkajo-osae (1) (2)  
 Ushiro Ryokata-mochi Ikkajo-osae (1) (2)  
 Ushiro Eri-mochi Ikkajo-osae (1) (2)  
 ♦ Katate-mochi Nikajo-osae (1) (2)  
 ♦ Katate-aya-mochi Nikajo-osae (1) (2)  
 ♦ Hiji-mochi Nikajo-osae (1) (2)  
 ♦ Kata-mochi Nikajo-osae (1) (2)  
 ♦ Mune-mochi Nikajo-osae (1) (2)  
 ♦ Shomen-uchi Nikajo-osae (1) (2)  
 ♦ Yokomen-uchi Nikajo-osae (1) (2)  
 Jodan-zuki Nikajo-osae  
 ♦ Shomen-uchi Sankajo-osae (1) (2)  
 ♦ Yokomen-uchi Sankajo-osae (1) (2)  
 ♦ Katate-mochi Sankajo-osae (1) (2)  
 ♦ Ryote-mochi Sankajo-osae (1) (2)  
 ♦ Hiji-mochi Sankajo-osae (1) (2)  
 ♦ Kata-mochi Sankajo-osae (1) (2)  
 Jodan-zuki Sankajo-osae  
 Shomen-geri Sankajo  
 Yokomen-geri Sankajo  
 Ushiro Ryote-mochi Sankajo-osae (1) (2)  
 Ushiro Katate-eri-mochi Sankajo-osae (1) (2)  
 Ushiro Ryohiji-mochi Sankajo-osae (1) (2)  
 Ushiro Ryokata-mochi Sankajo-osae (1) (2)  
 ♦ Shomen-uchi Yonkajo-osae (1) (2)  
 ♦ Yokomen-uchi Yonkajo-osae (1) (2)  
 ♦ Katate-mochi Yonkajo-osae (1) (2)  
 ♦ Ryote-mochi Yonkajo-osae (1) (2)  
 ♦ Hiji-mochi Yonkajo-osae (1) (2)  
 Jodan-zuki Yonkajo-osae  
 Yokomen-geri Yonkajo-osae  
 Shomen-geri Yonkanjo-nage  
 Yokomen-geri Yonkanjo-nage

♦ Katate-mochi Sokumen Irimi-nage (1) (2)  
 ♦ Kata-mochi Sokumen Irimi-nage (1) (2)  
 ♦ Shomen-uchi Sokumen Irimi-nage (1) (2)  
 ♦ Yokomen-uchi Sokumen Irimi-nage (1) (2)  
 Jodan-zuki Sokumen Irimi-nage (1)(2)  
 Shomen-geri Sokumen Irimi-nage  
 Ushiro Ryote-mochi Sokumen Irimi-nage (1) (2)  
 Ushiro Ryohiji-mochi Sokumen Irimi-nage (1) (2)  
 Ushiro Ryokata-mochi Sokumen Irimi-nage (1) (2)  
 ♦ Shomen-uchi Shomen Irimi-nage (1) (2)  
 ♦ Yokomen-uchi Shomen Irimi-nage (1) (2)  
 ♦ Katate-mochi Shomen Irimi-nage (1) (2)  
 ♦ Ryote-mochi Shomen Irimi-nage (1) (2)  
 Jodan-zuki Shomen Irimi-nage (1) (2)  
 Shomen-geri Shomen Irimi-nage (1) (2)  
 Yokomen-geri Shomen Irimi-nage (1) (2)  
 ♦ Shomen-uchi Hiji-shime (1) (2)  
 ♦ Yokomen-uchi Hiji-shime (1) (2)  
 ♦ Katate-mochi Hiji-shime (1) (2)  
 ♦ Kata-mochi Hiji-shime (1) (2)  
 ♦ Mune-mochi Hiji-shime (1) (2)  
 Yokomen-geri Hiza-otoshi  
 Ushiro Ryote-mochi Hiji-shime (1) (2)  
 ♦ Shomen-uchi Hiji-ate Kokyu-nage (1)(2)  
 ♦ Yokomen-uchi Hiji-ate Kokyu-nage (1)(2)  
 ♦ Katate-mochi Hiji-ate Kokyu-nage (1)(2)  
 ♦ Ryote-mochi Hiji-ate Kokyu-nage (1)(2)  
 ♦ Shomen-zuki Hiji-ate Kokyu-nage (1)(2)  
 Shomen-geri Hiji-ate Kokyu-nage  
 Yokomen-geri Hiji-ate Kokyu-nage  
 Ushiro Ryote-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)  
 ♦ Katate-mochi Kote-gaeshi (1) (2)  
 ♦ Ryote-mochi Kote-gaeshi (1) (2)  
 Jodan-zuki Kote-gaeshi (1) (2)  
 Shomen-geri Kote-gaeshi (1) (2)  
 Yokomen-geri kote-gaeshi (1) (2)  
 Ushiro Ryote-mochi Kote-gaeshi (1) (2)  
 Shomen-geri Sumi-otoshi  
 Yokomen-geri Sumi-otoshi  
 Shomen-geri Irimi-zuki  
 Yokomen-geri Irimi-zuki  
 Shomen-uchi Kokyu-nage  
 Yokomen-uchi Kokyu-nage  
 Katate-mochi Kokyu-nage  
 Ryote-mochi Kokyu-nage  
 Shomen-zuki Kokyu-nage  
 Suwari Ryote-mochi Kokyu-ho(1)(2)(3)(4)(5)(6)(7)  
 (♦Both Standing and Sitting position)

