

Shodan

Sogo Shinsa (September 2015~)

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Hiriki-no-Yosei (1)
4	Hiriki-no-Yosei (2)
5	Kata-mochi Shomen-uchi Yonkajo-osae (2)
6	Ushiro Eri-mochi Ikkajo-osae (1)
7	Yokomen-uchi Shomen Irimi-nage Uchi-sabaki
8	Shitei-waza
9	Shitei-waza
10	Shitei-waza
11	Shitei-waza
12	Shumatsu-dosa (1)
13	Shumatsu-dosa (2)
14	Ushiro Ryote-mochi Renzoku-waza 1. Ushiro Ryote-mochi Kote-gaeshi (migi) 2. Ushiro Ryote-mochi Kote-gaeshi (hidari) 3. Ushiro Ryote-mochi Ude-garami (migi) 4. Ushiro Ryote-mochi Ude-garami (hidari) 5. Ushiro Ryote-mochi Irimi-nage (migi) 6. Ushiro Ryote-mochi Irimi-nage (hidari)
15	Shitei Jiyu-waza

Shodan Shitei Jiyu-waza

Shomen-uchi Jiyu-waza
Yokomen-uchi Jiyu-waza
Katate-mochi Jiyu-waza
Ryote-mochi Jiyu-waza
Shomen-zuki Jiyu-waza

Shodan Shite-waza

Katate-mochi Shiho-nage(1)(2)
Ryote-mochi Shiho-nage(1)(2)
Yokomen-uchi Shiho-nage(1)(2)
Jodan-zuki Shiho-nage
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)
Jodan-zuki Ikkajo Osae
Shomen-geri Ikkajo
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)
◆Yokomen-uchi Nikajo Osae(1)(2)
Jodan-zuki Nikajo Osae
◆Shomen-uchi Snkajo Osae(1)(2)
◆Yokomen-uchi Sankajo Osae(1)(2)
◆Katate-mochi Sankajo Osae(1)(2)
Jodan-zuki Sankajo Osae
Shomen-geri Sankajo
Ushiro Ryote-mochi Sankajo Osae(1)(2)
Ushiro Katate-eri-mochi Sankajo Osae(1)(2)

◆Shomen-uchi Yonkajo Osae(1)(2)
◆Yokomen-uchi Yonkajo Osae(1)(2)
◆Katate-mochi Yonkajo Osae(1)(2)
Jodan-zuki Yonkajo Osae
◆Katate-mochi Sokumen Irimi-nage(1)(2)
◆Kata-mochi Sokumen Irimi-nage(1)(2)
Jodan-zuki Sokumen Irimi-nage(1)(2)
Shomen-geri Sokumen Irimi-nage
◆Shomen-uchi Shomen Irimi-nage(1)(2)
◆Yokomen-uchi Shomen Irimi-nage(1)(2)
Jodan-zuki Shomen Irimi-nage(1)(2)
Shomen-geri Shomen Irimi-nage (1)(2)
◆Shomen-uchi Hiji-shime(1)(2)
◆Yokomen-uchi Hiji-shime(1)(2)
◆Kata-mochi Hiji-shime(1)(2)
◆Mune-mochi Hiji-shime(1)(2)
◆Shomen-uchi Hiji-ate Kokyu-nage(1)(2)
◆Yokomen-uchi Hiji-ate Kokyu-nage(1)(2)
◆Katate-mocohi Hiji-ate Kokyu-nage(1)(2)
◆Shomen-uchi Kote-gaeshi(1)(2)
◆Yokomen-uchi Kote-gaeshi(1)(2)
◆Shomen-zuki Kote-gaeshi(1)(2)
Jodan-zuki Kote-gaeshi(1)(2)
◆Ryote-mochi Tenchi-nage(1)(2)
Shomen-geri Irimi-zuki
Suwari-waza Ryote-mochi Kokyu-ho
(1)(2)(3)

(◆: Both standing and sitting position)