



Blått, 2.kyu



Nage Waza

- 1.Sumi Gaeshi
- 2.Tani Otoshi
- 3.Hane Makikomi
- 4.Sukui Nage
- 5.Utsuri Goshi
- 6.O Guruma
- 7.Soto Makikomi
- 8.Uki Otoshi

Osaekomi Waza

- 1.Kashira-Gatame
- 2.Ura-Shiho-Gatame
- 3.Kami-Sankaku-Gatame

Shime Waza

- 1.Sode-Guruma
- 2.Hasimi-Jime
- 3.Kata-Te-Jime
- 4.Othen-Jime
- 5.Kata-Jime
- 6.Ebi-Jime
- 7.Tsuki-Komi-Jime

Kansetsu Waza

- 1.Ude-Hishigi-Ashi-Gatame
- 2.Ude-Hishigi-Hara-Gatame
- 3.Ude-Garami-Henka-Waza
- 4.Othen-Gatame
- 5.Kuzure-Kami-Shiho-Garami
- 6.Kesa-Garami
- 7.Shime-Garami
- 8.Hiza-Gatame