

Grønt, 3.kyu



Nage Waza

- 1.Kosoto Gake
- 2.Tsuri Goshi
- 3.Yoko Otoshi
- 4.Ashi Guruma
- 5.Hane Goshi
- 6.Harai Tsurikomi Ashi
- 7.Tomoe Nage
- 8.Kata Guruma

Osaekomi Waza

- 1.Kata-Osae-Gatame
- 2.Tate-Shiho-Gatame
- 3.Kuzure-Kesa-Gatame

Shime Waza

- 1.Eri-Jime
- 2.Tomoe-Jime
- 3.Kensui-Jime
- 4.Ushiro-Jime
- 5.Hadaka-Jime
- 6.Okuri-Eri-Jime
- 7.Kata-Ha-Jime
- 8.Yoko-Juji-Jime

Kansetsu Waza

- 1.Yoko-Hiza-Gatame
- 2.Kami-Hiza-Gatame
- 3.Kami-Ude-Hishigi-Juji-Gatame
- 4.Ude-Hishigi-Henka-Waza
- 5.Yoko-Ude-Hishigi
- 6.Gyaku-Juji-Gatame