

Gult, 5.kyu



Nage Waza

- 1.Deashi Barai
- 2.Hiza Guruma
- 3.Sasae Tsurikomi Ashi
- 4.Uki Goshi
- 5.Osoto Gari
- 6.O Goshi
- 7.Uchi Gari
- 8.Ippon Seoinage
- 9.Morote Seoinage

Osaekomi Waza

- 1.Hon-Kesa-Gatame
- 2.Kata-Gatame
- 3.Kami-Shiho-Gatame
- 4.Kuzure-Kami-Shiho-Gatame

Ukemi

- 1.Ushiro-Ukemi
- 2.Yoko-Ukemi
- 3.Mae-Ukemi