



Nage-waza (70 tekniikkaa)

Te-waza (18)	Koshi-waza (10)	Ashi-waza (21)	Ma-sutemi-waza (5)
Ippon-seoi-nage kelt.	O-goshi	O-soto-gari	Sumi-gaeshi
Seoi-nage (Moro-te)	Koshi-guruma kelt.	O-uchi-gari	Ura-nage
Seoi-otoshi	Uki-goshi	Ko-uchi-gari	Tomoe-nage
(eri-seoi-nage)	Sode-tsurikomi-goshi	Ko-soto-gake	Hikikomi-gaeshi
Tai-otoshi	Harai-goshi	Sasae-tsurikomi-ashi	Tawara-gaeshi
Te-Guruma	Tsurikomi-goshi	De-ashi-harai	
Kuchiki-taoshi	Ushiro-goshi	Uchi-mata	Yoko-sutemi-waza (16)
Morote-gari	Tsuri-goshi	Tsubame-gaeshi	Tani-otoshi
Kata-guruma	Hane-goshi	Hiza-guruma	Soto-makikomi
Uchi-mata-sukashi	Utsuri-goshi	Okuri-ashi-harai	Ko-uchi-makikomi
Ko-uchi-gaeshi		Ashi-guruma	Uchi-mata-makikomi
Sukui-nage		Harai-tsurikomi-ashi	Harai-makikomi
Obi-otoshi		Ko-soto-gari	O-soto-makikomi
Uki-otoshi		O-soto-otoshi	Yoko-gake
Sumi-otoshi		O-guruma	Yoko-guruma
Yama-arashi		O-soto-guruma	Uki-waza
Obi-tori-gaeshi		O-soto-gaeshi	Yoko-otoshi
Kibisu-gaeshi		O-uchi-gaeshi	Hane-makikomi
		Hane-goshi-gaeshi	Uchi-makikomi
		Harai-goshi-gaeshi	Yoko-wakare
		Uchi-mata-gaeshi	Daki-wakare
			Kani-basami
			Kawazu-gake

Katame-waza (33 tekniikka)

Osaekomi-waza (11)	Shime-waza (12)	Kansetsu-waza (10)
(hon-)Kesa-gatame	Hadaka-jime	Ude-hishigi-juji-gatame
Yoko-shiho-gatame	+ yksi vapaaval.	+ yksi vapaaval.
Kami-shiho-gatame	Nami-juji-jime	Ude-garami
Kuzure-kesa-gatame	Gyaku-juji-jime	Ude-hishigi-sankaku-gatame
Ushiro-kesa-gatame	Kata-juji-jime	Ude-hishigi-ude-gatame
Kuzure-kami-shiho-gatame	Sode-guruma-jime	Ude-hishigi-hiza-gatame
Kata-gatame	Okuri-eri-jime	Ude-hishigi-waki-gatame
Tate-shiho-gatame	Ryote-jime/Morote-jime	Ude-hishigi-hara-gatame
(Sankaku-gatame)	Kataha-jime	Ude-hishigi-ashi-gatame
Uki-gatame	Sankaku-jime	Ude-hishigi-te-gatame
Ura-gatame	Katate-jime	Ashi-garami
	Tsukkomi-jime	
	Do-jime	

