



Fundamentos:

- Ushiro Hanten Ukemi
 - Ushiro Kaiten Ukemi
 - Mae Kaiten Ukemi
 - Shikko
1. Yokomen-uchi Dai Ikkyo (OMOTE / URA)
 2. Yokomen-uchi Dai Nikyo (OMOTE / URA)
 3. Suwari Waza Yokomen-uchi Dai Sankyo (OMOTE / URA)
 4. Suwari Waza Yokomen-uchi Dai Yonkyo (OMOTE / URA)
 5. Ushiro Ryotedori Dai Ikkyo (OMOTE / URA)
 6. Ushiro Ryotedori Dai Nikyo (OMOTE / URA)
 7. Ushiro Ryotedori Dai Sankyo (OMOTE / URA)
 8. Ushiro Ryotedori Dai Yonkyo (OMOTE / URA)
 9. Yokomen-uchi Dai Gokyo (OMOTE / URA)
 10. Hanmi Handachi Ai Hanmi Ryotedori Shiho-nage (OMOTE / URA)
 11. Shomen-uchi Kaiten-nage (OMOTE / URA)
 12. Tsuki Kaiten-nage (OMOTE / URA)
 13. Morotedori Kokyu-nage (OMOTE / URA)
 14. Katatedori Jiyu Waza
 15. Ryotedori Jiyu Waza
 16. Morotedori Jiyu Waza
 17. Suwari Waza Kokyu-ho