



1. Katadori Dai Sankyo (OMOTE / URA)
2. Katadori Dai Yonkyo (OMOTE / URA)
3. Suwari Waza Katadori Dai Sankyo (OMOTE / URA)
4. Gyaku Hanmi Katatedori Irimi-nage (OMOTE / URA)
5. Suwari Waza Katadori Dai Yonkyo (OMOTE / URA)
6. Tsuki Irimi-nage (OMOTE / URA)
7. Gyaku Hanmi Katatedori Kotegaeshi-nage (OMOTE / URA)
8. Shomen-uchi Kotegaeshi-nage (OMOTE / URA)
9. Hanmi Handachi Gyaku Hanmi Katatedori Shiho-nage (OMOTE / URA)
10. Gyaku Hanmi Katatedori Kaiten-nage (OMOTE / URA)
11. Gyaku Hanmi Katatedori Jiyu Waza
12. Suwari Waza Kokyu-ho