



1. Shomen-uchi Dai Sankyo Omote
2. Shomen-uchi Dai Sankyo Ura
3. Suwari Waza Shomen Uchi Dai Ikkyo Omote
4. Suwari Waza Shomen Uchi Dai Ikkyo Ura
5. Shomen-uchi Dai Yonkyo Omote
6. Shomen-uchi Dai Yonkyo Ura
7. Ryotedori Shiho-nage Omote
8. Ryotedori Shiho-nage Ura
9. Suwari Waza Shomen-uchi Dai Nikyo Omote
10. Suwari Waza Shomen-uchi Dai Nikyo Ura
11. Tsuki Kotegaeshi-nage Ura
12. Ryotedori Tenchi-nage Omote
13. Suwari Waza Kokyu-ho