

## **1e dan**

### **Tachi Waza**

Shomenuchi iriminage

### **Suwari Waza**

Shomenuchi ikkyo, nikyo, sankyo, yonkyo, gokyo, iriminage

### **Hanmihandachi Waza**

Katatedori ikkyo, shihonage, kaitennage

Ryotedori shihonage, kokyunage

### **Tachi Waza**

Yokomenuchi ikkyo, iriminage, shihonage, kotegaeshi

Chudantsuki kotegaeshi, kaitennage, iriminage, ushirokiritoshi

Shomenuchi kokyunage, koshinage

Katadori menuchi shihonage, iriminage, kotegaeshi

Ryotedori tenchinage, koshinage, kokyunage

### **Ushiro Waza**

Ushiro ryotedori ikkyo, iriminage, shihonage, kotegaeshi

Ushiro ryokatadori sankyo, kokyunage

### **Jo**

Suburi, Jo-dori, Jo-nage

### **Bokken**

Suburi, Tachi-dori

### **Futaridori**

Ryokatadori (2 aanvallers)

## **2e dan**

### **Tachi Waza**

Yokomenuchi shihonage

### **Suwari Waza**

Katadori ikkyo, nikyo, sankyo, yonkyo

Shomenuchi iriminage, kotegaeshi

Jyuwaza futaridori (2 aanvallers)

### **Hanmihandachi Waza**

Ryotedori shihonage, kokyunage

Ushiro ryokatadori kokyonage, sankyo

### **Tachi Waza**

Shomenuchi kaitennage, kotegaeshi

Yokomenuchi ikkyo, gokyo

Chudantsuki ushirokiriotoshi, hijikimeosae

Katadori menuchi kokyunage, kotegaeshi, shihonage

Katateriyotedori nikyo, kokyunage, jujigarami

Ryotedori shihonage, tenchinage

### **Ushiro Waza**

Ryotedori ikkyo, koshinage, jujigarami

Ryokatadori kotegaeshi, kokyunage, sankyo

### **Tachidori (bokken)**

Shomenuchi kotegaeshi, kokyunage, iriminage

### **Tantodori**

Chudantsuki kotegaeshi

Yokomenuchi gokyo, shihonage

### **Bokken**

Suburi, kumitachi

### **Jo**

Jo-dori, Jo-nage

### **Jiyu waza**

Sanningake

### **3e dan**

#### **Tachi Waza**

Katateriyotodori jyuwaza

#### **Suwari Waza**

Yokomenuchi ikkyo, nikyo, sankyo, gokyo

Jyuwaza futaridori (2 aanvallers)

#### **Hanmihandachi Waza**

Katatedori (5 verschillende technieken)

Shomenuchi (5 verschillende technieken)

#### **Tachi Waza**

Katadori menuchi ikkyo, nikyo, sankyo, shihonage

Jodantsuki (5 verschillende technieken)

Shomenuchi ikkyo

Yokomenuchi shihonage

#### **Ushiro Waza**

Ryotodori (5 verschillende technieken)

Ryohijidori sankyo, kotegaeshi

Katatedori kubishime ikkyo, shihonage

#### **Bokken**

Suburi, kumitachi

#### **Bokken**

Suburi, kumijo

#### **Jiyu waza**

Jo - bokken - tanto (3 aanvallers)

Sanningake (3 aanvallers)

## **4e dan**

### **Suwari Waza**

Jodantsuki ikkyo, nikyo, sankyo, yonkyo

Shomenuchi jyuwaza (2 aanvellers)

Katadori menuchi iriminage, kotegaeshi, kokyunage

### **Hanmihandachi Waza**

Shomenuchi (5 verschillende technieken)

### **Tachi Waza**

Jodantsuki shihonage, iriminage, kaitennage, koshinage

Yokomenuchi jyuwaza

Katateriyotedori jyuwaza

Munadori menuchi ikkyo, shihonage, kotegaeshi

### **Ushiro Waza**

Eridori ikkyo, sankyo, iriminage, kokyunage

Katatedori kubishime shihonage, kotegaeshi, koshinage

### **Kaeshiwaza**

Shomenuchi kotegaeshi jyuwaza

Chudantsuki iriminage jyuwaza

### **Tantodori**

Jyuwaza (2 aanvellers)

### **Jodori - Jonage**

Jyuwaza (Futaridori 2 aanvellers)

### **Bokken**

Suburi

Kumitachi (Futaridori 2 aanvellers)

### **Jyuwaza**

Yonningake