



Vorm	Aanval	Techniek
Tachi waza	Gyaku hanmi katate dori	<ul style="list-style-type: none"> ➤ Jiyu waza ➤ Kokyunage - irimi ➤ Kokyunage - tenkan ➤ Kokyunage - uchikaiten ➤ Kokyunage - sotokaiten
Hanmi handachi waza (nage suwari waza, uke tachi waza)	Gyaku hanmi katate dori	<ul style="list-style-type: none"> ➤ Ikkyo ➤ Nikyo ➤ Sankyo ➤ Yonkyo ➤ Iriminage ➤ Kotegaeshi ➤ Shihonage
Tachi waza	Kata dori shomen uchi (schouder vastpakken + slag van boven)	<ul style="list-style-type: none"> ➤ Ikkyo ➤ Nikkyo ➤ Kotegaeshi
Tachi waza	Shomen uchi	<ul style="list-style-type: none"> ➤ Gokyo ➤ Shihonage ➤ Kaitennage (uchi en soto) ➤ Sumiotoshi
Tachi waza	Yokomen uchi	<ul style="list-style-type: none"> ➤ Gokyo ➤ Iriminage (jo-,chu-,gedan) ➤ Kotegaeshi (jo-,chu-,gedan)



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Suwari waza	Yokomen uchi	➤ Gokyo
Tachi waza	Tsuki	<ul style="list-style-type: none"> ➤ Ikkyo ➤ Nikyo ➤ Sankyo ➤ Yonkyo ➤ Gokyo ➤ Rokyo ➤ Kaitennage (uchi en soto)
Tachi waza	Ryote dori	<ul style="list-style-type: none"> ➤ Iriminage ➤ Kotegaeshi
Tachi waza	Morote dori * zowel op de Aihanmi als op de gyaku hanmi kant	<ul style="list-style-type: none"> ➤ Ikkyo * ➤ Nikyo * ➤ Sankyo * ➤ Yonkyo * ➤ Kotegaeshi ➤ Kaitennage - soto