



Vorm	Aanval	Techniek
Tachi waza	Gyaku hanmi katate dori	<ul style="list-style-type: none"> ➤ Sankyo ➤ Yonkyo ➤ Iriminage ➤ Kotegaeshi
Tachi waza (t) & Suwari waza (s)	Aihanmi katate dori	<ul style="list-style-type: none"> ➤ Ikkyo (s) ➤ Nikyo (s) ➤ Sankyo (t) ➤ Yonkyo (t)
Suwari waza (s) & Tachi waza (t)	Kata dori (schouder vastpakken spiegelstand)	<ul style="list-style-type: none"> ➤ Ikkyo (s) ➤ Nikkyo (s) ➤ Sankyo (t) ➤ Yonkyo (t)
Suwari waza (s) & Tachi waza (t)	Shomen uchi	<ul style="list-style-type: none"> ➤ Ikkyo (s) ➤ Nikyo (s) ➤ Sankyo (t) ➤ Yonkyo (t) ➤ Kotegaesh (t)
Suwari waza (s) & Tachi waza (t)	Yokomen uchi	<ul style="list-style-type: none"> ➤ Ikkyo (s) ➤ Nikyo (s) ➤ Sankyo (t) ➤ Yonkyo (t) ➤ Ude kime nage (t)

4^{de} kyu



Vorm	Aanval	Techniek
Tachi waza	Chudan Tsuki (stoot naar de buik)	<ul style="list-style-type: none">➤ Iriminage➤ Kotegaeshi
Tachi waza	Ryote dori	<ul style="list-style-type: none">➤ Ikkyo➤ Nikyo➤ Shiho nage➤ Kokyo nage
Tachi waza	Morote dori (2 handen pakken 1 pols)	<ul style="list-style-type: none">➤ Ikkyo➤ Nikyo➤ Kokyo nage