



Vorm	Aanval	Techniek
Tachi waza	Gyaku hanmi katate dori	<ul style="list-style-type: none"> ➤ Jiyu waza ➤ koshinage ➤ udegaraminage
	shomenuchi yokomen-uchi	<ul style="list-style-type: none"> ➤ Ikkyo ➤ Nikyo ➤ Sankyo ➤ Yonkyo ➤ Iriminage ➤ Kotegaeshi
Hanmi handachi waza	Morote dori	<ul style="list-style-type: none"> ➤ Shihonage ➤ Sumiotoshi ➤ Uchikaiten nage ➤ Uchikaiten kata gatame
Tachi waza	Kata dori shomen uchi	<ul style="list-style-type: none"> ➤ Iriminage ➤ shihonage
Tachi waza	Ushiro ryokata dori Katatedori munedakishime (1 hand pols + verwurging)	<ul style="list-style-type: none"> ➤ Ikkyo ➤ Nikyo ➤ Sankyo ➤ Yonkyo ➤ Shihonage ➤ Kotegaeshi ➤ Udegaraminage ➤ Kokyunage
Tachi waza	Ryote dori Morote dori	<ul style="list-style-type: none"> ➤ Jiyu waza



Vorm	Aanval	Techniek
Suwari waza	Yokomen uchi	<ul style="list-style-type: none">➤ Sankyo➤ Yonkyo➤ Rokyo➤ Kaiten nage (uchi en soto)➤ Iriminage➤ Kotegaeshi➤ Sotokaiten nage