

Gokyo - No - Kaisetsu

1. Stufe:



De Ashi Barai



Hiza Guruma



Sasaie Tsurei Komi Ashi



Uki Goshi



O Soto Gari



O Goshi



O Uchi Gari



Seoi Nage

2. Stufe:



Ko Soto Gari



Ko Uchi Gari



Koshi Guruma



Tsurei Komi Goshi



Okuri Ashi Barai



Tai Otoshi



Harai Goshi



Uchi Mata

3. Stufe:



Ko Soto Gake



Tsurei Goshi



Yoko Otoshi



Ashi Guruma



Hane Goshi



Harai Tsurei Komi Ashi



Tomoe Nage



Kata Guruma

4. Stufe:



Sumi Gaeshi



Tani Otoshi



Hane Maki Komi



Sukui Nage



Utsuri Goshi



O Guruma



Soto Maki Komi



Uki Otoshi

5. Stufe:



O Soto Guruma



Uki Waza



Yoko Wakare



Yoko Guruma



Ushiro Goshi



Ura Nage



Sumi Otoshi



Yoko Gake