




















<p><b>Ai hanmi katate dori</b></p> <p>Ikkyo Nikyo Sankyo Shiho nage Kote gaeshi Ude kime nage Irimi nage Koshi nage</p> <p><u>Suwari waza</u></p> <p>Ikkyo Irimi nage</p> 	<p><b>Katate dori (gyaku hanmi)</b></p> <p>Ikkyo Nikyo Sankyo Shiho nage Kote gaeshi Ude kime nage Irimi nage Sokumen irimi nage Tenchi nage Kaiten nage Sumi othoshi</p> <p><u>Hanmi handachi waza</u></p> <p>Shiho nage Kaiten nage, uchi/soto Ikkyo</p> <p><u>Suwari waza</u></p> <p>Ikkyo Nikyo Irimi nage Kote gaeshi</p> 	<p><b>Ryo kata dori</b></p> <p>Ikkyo Nikyo Sankyo Aiki otoshi Sokumen irimi nage</p> <p>Hanmi handachi waza Sankyo Kote gaeshi</p> 	<p><b>Yokomen uchi</b></p> <p>Ikkyo, Nikyo ... to Gokyo Shiho nage Irimi nage Kote gaeshi Ude kemi nage</p> <p><u>Suwari waza</u></p> <p>Ikkyo Gokyo</p> 
<p><b>Ryote dori</b></p> <p>Ikkyo Tenchi nage Shiho nage Irimi nage Kote gaeshi Koshi nage</p> <p><u>Hanmi handachi waza</u></p> <p>Shiho nage</p> <p><u>Suwari waza</u></p> <p>Kokyu ho</p> 	<p><b>(Mae) Ryokata dori</b></p> <p>Ikkyo Kokyu nage Kokyu ho</p> 	<p><b>Eri dori</b></p> <p>Ikkyo Kote gaeshi Shiho nage</p> 	<p><b>Kata dori men uchi</b></p> <p>Ikkyo Nikyo Sankyo Shiho nage Kote gaeshi Tenchi nage Irimi nage Koshi nage</p> 
<p><b>Katate ryote dori (Morote dori)</b></p> <p>Ikkyo 2 forms Nikyo 2 methods Kote gaeshi Irimi nage Kokyu ho Juji garami Ude kemi nage</p> 	<p><b>Ushiro waza</b></p> <p><b>Ryote dori</b></p> <p>Ikkyo Nikyo Sankyo Shiho nage Kote gaeshi Ude kime nage Irimi nage Juji garami Ura gaeshi</p> 	<p><b>Katate dori kubishime</b></p> <p>Ikkyo Nikyo Sankyo Kokyu ho Koshi nage Shiho nage</p> 	<p><b>Jodan tsuki</b></p> <p>Ikkyo Nikyo Sankyo Shiho nage Hiji kime osai Ushuri kiri otoshi</p> 
<p><b>Kata dori</b></p> <p>Ikkyo Nikyo Sankyo</p> <p><u>Suwari waza</u></p> <p>Ikkyo Nikyo</p> 	<p><b>Muna dori</b></p> <p>Shiho nage Nikyo Sankyo</p> 	<p><b>(Ryo)Hiji dori</b></p> <p>Sankyo Shiho nage</p> 	<p><b>Chudan tsuki</b></p> <p>Ikkyo Nikyo Sankyo Irimi nage Kote gaeshi</p> 
<p><b>Muna dori</b></p> <p>Shiho nage Nikyo Sankyo</p> 	<p><b>Mae giri</b></p> 	<p><b>Uchi waza</b></p> <p><b>Shomen uchi</b></p> <p>Ikkyo, Nikyo ... to Gokyo Shiho nage Irimi nage Kote gaeshi Kaiten nage, uchi/soto</p> <p><u>Hanmi handachi waza</u></p> <p>Irimi nage</p> <p><u>Suwari waza</u></p> <p>Ikkyo Nikyo Sankyo Irimi nage Kote gaeshi</p> 	<p><b>Mae giri</b></p> 