



**EXÁMEN NIDAN**

**SUWARI WAZA**  
**YOKOMEN UCHI**

IKKYO GOKYU  
NIKKYO ROKYU  
SANKYO  
YONKYO

**HANMI HANDACHI**

**KATATE DORI (GYAKU HANMI)**

SHIHO NAGE  
KAITEN NAGE

**USHIRO RYO KATA**

KOKYO NAGE  
SANKYO  
IKKYO

**YOKOMEN UCHI**

IKKYO  
SOTO KAITEN  
KOTE GAESHI  
IRIMI NAGE

**TACHI WAZA**

**SHOMEN UCHI**

IKKYO  
IRIMI NAGE  
KAITEN NAGE

**JYU WAZA**

**KATATE DORI (GYAKU HANMI)**

SHIHO NAGE  
KAITEN NAGE  
KOKYO NAGE

**YOKOMEN UCHI**

IRIMI NAGE  
SHIHO NAGE  
KOTE GAESHI

**CHODAN TSUKI**

KOTE GAESHI  
IRIMI NAGE

**JYU WAZA**

**USHIRO TE KUBI DORI**

SHIHO NAGE  
KOTE GAESHI  
SANKYO

**JYU WAZA**

**RYOTE DORI**

TENCHI NAGE

**MOROTE DORI**

IKKYO  
IRIMI NAGE

**USHIRO KUBI SHIME**

JUGI NAGE  
KOKYO NAGE

**USHIRO RYO KATA DORI**

IKKYO  
SHIHO NAGE  
KOTE GAESHI

**NI NIN DORI**

**-RAMDORI 3 UKES**

**-ARMAS**

- JO NAGE

- JO DORI

-8 SUBURIS

-TANTO DORI