

## 6-5 kyu

### Tachi-Waza

Ai Hanmi Katatedori	IKKYO SHIHONAGE IRIMINAGE KOTEGAESHI UCHIKAITENNAGE
Shomenuchi	IKKYO IRIMINAGE
Gyakuhanmi Suwari-Waza	TENCHINAGE
Ai Hanmi Katatedori Ryotedori	IKKYO KOKYUHO

## 4. kyu

### Tachi-Waza

Ai Hanmi Katatedori	NIKKYO SANKYO UDEKIMENAGE
Gyakuhanmi	IKKYO SHIHONAGE NIKKYO KOTEGAESHI IRIMINAGE UCHIKAITENNAGE KOKYUNAGE UDEKIMENAGE
Ryotedori Kata-Dori	TENCHINAGE IKKYO NIKKYO
Shomenuchi Yokomenuchi	KOTEGAESHI SHIHONAGE UDEKIMENAGE
Ushiroryotedori Suwari-Waza	SANKYO
Ai Hanmi Katatedori Shomenuchi	IRIMINAGE IKKYO IRIMINAGE

## 3. kyu

### Tachi-Waza

Gyakuhanmi Ryotedori	SOTOKAITENNAGE IKKYO SHIHONAGE
Katateriyotedori	IKKYO NIKKYO KOTEGAESHI UDEKIMENAGE
Shomenuchi	NIKKYO SANKYO YONKYO
Yokomenuchi	IKKYO

	NIKKYO SANKYO YONKYO KOTEGAESHI SHIHONAGE IRIMINAGE
Ushiroryotedori	IKKYO NIKKYO KOTEGAESHI SHIHONAGE IRIMINAGE
Kokyunage	UDEKIMENAGE AI HANMI GYAKUHANMI RYOTEDORI SHOMENUCHI YOKOMENUCHI
Katateriyotedori	KOKYUHO

### **Hanmihandachi-Waza**

Gyakuhanmi	SHIHONAGE IRIMINAGE KOTEGAESHI IKKYO UCHIKAITENNAGE
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### **Suwari-Waza**

Gyakuhanmi	IKKYO NIKKYO
Kata-dori	IKKYO NIKKYO
Shomenuchi	IKKYO NIKKYO SANKYO YONKYO KOTEGAESHI

## **2-1. kyu**

### **Suwari-Waza**

Shomenuchi	IKKYO NIKKYO SANKYO YONKYO <b>GOKYO ++</b> IRIMINAGE KOTEGAESHI <b>KAITENNAGE ++</b>
Kata-dori	KOKYUNAGE KOKYUNAGE IKKYO NIKKYO SANKYO YONKYO

### **Hanmihandachi-Waza**

Gyakuhanmi	SHIHONAGE KOTEGAESHI
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	IRIMINAGE IKKYO <b>NIKKYO ++</b> KAITENNAGE KOKYUNAGE <b>IKKYO ++</b> <b>SANKYO ++</b> <b>KOTEGAESHI ++</b>
Ushiroryokatadori	
<b>Tachi-Waza</b> Yokomenuchi	IKKYO IRIMINAGE KOTEGAESHI SHIHONAGE <b>UDEKIMENAGE ++</b> <b>KOKYUNAGE ++</b>
Ryotedori	Minden technika! <b>TENCHINAGE ++</b> <b>KOSHINAGE ++</b> <b>KOKYUNAGE ++</b>
Katatedori	UCHIKAITENNAGE SOTOKAITENNAGE KOKYUNAGE KOSHINAGE
Shomentsuki Jiyuwaza (Chudantsuki)	IRIMINAGE KOTEGAESHI IKKYO NIKKYO SANKYO GOKYO
Katadori-menuchi	<b>Minden ++</b> IKKYO NIKKYO SANKYO SHIHONAGE KOKYUNAGE IRIMINAGE KOTEGAESHI KOSHINAGE
Ushiroryotedori	<b>Minden ++</b> IKKYO SANKYO KOTEGAESHI IRIMINAGE SHIHONAGE KOKYUNAGE <b>++ : csak 1. kyu</b>