



Waffen

31 no Kata , 13 no Kata , 3 Tachi dori , 3 Jo dori

Suwari – Waza

Shomen uchi

Ikkyo bis Yonkyo

Tachi – Waza

Yokomen uchi

ikkyo – gokyo

Yokomen uchi

irimi nage

3 Formen

Yokomen uchi

kokyo nage

2 Formen

Tsuki

irimi nage

Tsuki

kaiten nage uchi und soto

Ryote dori

Irimi nage

Ryote dori

Shihonnage

Ushiro muna dori

3 Formen

Ushiro ryote dori

2 Formen

Ushiro eri dori

2 Formen

Jiu – Waza

4 freie Techniken

1 Person fließender , freier Angriff