

EXAMEN NIDAN

SUWARIWAZA

YOKOMENUCHI

RYOTEDORI

KATADORI

SANKYO-YONKYO-KOTEGAESHI

KOKYUHO

SANKYO-IRIMINAGE

HANMIHANDACHI

KATATEDORI

RYOTEDORI

SHOMENUCHI

IKKYO-KAITENNAGE

SHIHONAGE

IRIMINAGE

USHIROWAZA HANMIHANDACHI

RYOKATADORI

SANKYO-KOKYUNAGE

TACHIWAZA

SHOMENUCHI

KATATEDORI

YOKOMENUCHI

JODANTSUKI

RYOTEDORI

CHUDANTSUKI

IKKYO-YONKYO-HIJKIMEOSAE-USHIROKIRIOTOSHI

SANKYO-KOSHINAGE-KAITENNAGE- SUMIOTOSHI

NIKKYO-SANKYO-SHIHONAGE

IKKYO-KOTEGAESHI-IRIMINAGE

TENCHINAGE-SHIHONAGE-KOSHINAGE

UCHIKAITEN SANKYO- KOTEGAESHI

USHIROWAZA

RYOTEDORI

ERIDORI

IKKYO-SHIHONAGE- KOKYUNAGE

IRIMINAGE-SANKYO

TANTODORI

JODORI-JONAGE

FUTARIDORI

3 UKES