

Ikkyu 1 kyu

Suwariwaza

Ikkyo

shomen-uchi
yokomenuchi
katadori
ushiro ryotedori

Nikyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Sankyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Yonkyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Gokyo

yokomen-uchi

Kokyu-ho

ryotedori

Hanmi handachiwaza

Shihonage

katatedori
ryotedori

Tachiwaza

Ikkyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Nikyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Sankyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Yonkyo

shomen-uchi
yokomen-uchi
katadori
ushiro ryotedori

Gokyo

yokomen-uchi

Shihonage

katatedori
ryotedori

Iriminage

shomen-uchi
tsuki
katatedori

Kotegaeshi

shomen-uchi
tsuki
katatedori

Kaitennage

shomen-uchi
tsuki
katatedori

Tenchinage

ryotedori

Jiyuwaza

katatedori
ryotedori
morotedori

Tachiwaza

kokyu-ho

Futaridori

Vapen

Aikiken
Shihonage

Aikijo

Shihonage

Kyusho

Mental nerve, på hakan
Magmeridianens 11
punkt, i halsgropen
Gallblåsemeridianens 25
punkt, på höften

