

## Kyu-Programme

### 5. Kyu:

<u>Tachi Waza</u>	Ai Hanmi Katate Dori	Ikkyo Shiho Nage Irimi Nage
	Shomen Uchi	Ikkyo Irimi-Nage
	Katate Dori	Ten-Chi Nage
	Ryote Dori	Seiza Kokyo-Ho

### 4. Kyu:

<u>Suvari Waza</u>	Ai Hanmi Katate Dori	Ikkyo Irimi Nage
	Shomen Uchi	Ikkyo Irimi-Nage
<u>Tachi Waza</u>	Katate Dori	Ikkyo Nikkyo Kote Gaeshi Irimi Nage Uchi Kaiten Nage Ude Kime Nage Sukomen Irimi Nage
	Ai Hanmi Katate Dori	Nikkyo Sankyo Kote Gaeshi Ude Kime Nage
	Kata Dori	Ikkyo Nikkyo
	Ushiro Ryote Dori	Sankyo
	Shomen Uchi	Kote Gaeshi
	Yokomen Uchi	Shiho Nage Ude Kime Nage
	Ryote Dori	Ten-Chi Nage

### 3. Kyu:

#### Suvari Waza

Katate Dori

Ikkyo  
Nikkyo

Shomen Uchi

Nikkyo  
Sankyo  
Kote Gaeshi

Kata Dori

Ikkyo  
Nikkyo

#### Hanmi Hantachi Waza

Katate Dori

Shiho Nage  
Irimi Nage

Shomen Uchi

Uchi Kaiten Nage

#### Tachi Waza

Katate Dori

Soto Kaiten Nage  
Kokyo Ho

Shomen Uchi

Nikkyo  
Sankyo  
Yonkyo

Yokomen Uchi

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Kote Gaeshi  
Irimi Nage

Kata Dori Men Uchi Ikkyo

Katate Ryote Dori

Nikkyo  
Kote Gaeshi  
Ude Kime Nage

Ryote Dori

Ikkyo  
Shiho Nage

Ushiro Ryote Dori

Ikkyo  
Nikkyo  
Kote Gaeshi  
Shiho Nage  
Irimi Nage  
Ude Kime Nage

## 2. Kyu:

### Suvari Waza

Katate Dori                      Kote Gaeshi  
Irimi Nage

okomen Uchi                      Gokkyo  
Irimi Nage

### Hanmi Hantachi Waza

Katate Dori                      Soto Kaiten Nage

Ryote Dori                      Shiho Nage

### Tachi Waza

Katate Dori                      Sankyo  
Sumi Otoshi

Ai Hanmi Katate Dori              Koshi Nage

Kata Dori                      Sankyo

Shomen Uchi                      Shiho Nage  
Soto Kaiten Nage  
Uchi Kaiten Nage

Yokomen Uchi                      Gokyo

Kata Dori Men Uchi              Ikkyo  
Sankyo  
Kote Gaeshi  
Shiho Nage  
Irimi Nage

Katate Dori Men Uchi              Nikkyo

Chudan Tsuki                      Irimi Nage

Jodan Tsuki                      Hiji Kime Osae

Katate Ryote Dori                      Irimi Nage

Ryote Dori                      Kote Gaeshi  
Irimi Nage

Ushiro Ryote Dori                      Sankyo  
Juji Garami

Ushiro Ryo Kata Dori              Ikkyo  
Nikkyo  
Aiki Otoshi  
Sukomen Irimi Nage

## 1. Kyu:

### Tachi Waza:

Shomen Uchi	Gokyo
Chudan Tsuki	Nikkyo Sankyu Kote Gaeshi
Jodan Tsuki	Ikkyo Nikkyo Sankyu Shiho Nage
Katate Ryote Dori	Juji Garami
Muna Dori	Shiho Nage
Ushiro Eri Dori	Ikkyo Kote Gaeshi Shiho Nage
Ushiro Katate Dori Kubijime	Shiho Nage