

		Angriffsarten															
		Katate-Tori 1	Ryote-Tori 2	Katate-Ryote-Tori 3	Mune-Tori 4	Yoko-Kubi-Shime 5	Ushiro-Ryokata-Tori 6	Ushiro-Katate-Tori 7	Ushiro-Ryote-Tori 8	Ushiro-Eri-Tori 9	Ushiro-Katate-Tori-Kubi-Shime 10	Ushiro-Kubi-Shime 11	Yokomen-Uchi 12	Shomen-Uchi 13	Shomen-Tsuki 14	Yoko-Tsuki (soto) 15	
Verteidigungsarten	1 Shiho-Nage	5.01	5.02	5.03	5.04			4.01				4.02					
	2 Kaiten-Nage (uchi)	4.03										4.04	4.05	4.06			
	3 Irimi-Nage	4.06	4.07	4.08				3.01				3.02	3.03	3.04			
	4 Kaiten-Nage (soto)	3.05											3.06	3.07			
	5 Aiki-Otoshi					2.01	2.02	2.03									
	6 Koshi-Nage		2.04		2.05	2.06					2.07	2.08	2.09	2.10	2.11		
	7 Kote-Gaeshi	1.01	1.02	1.03					1.04				1.05	1.06	1.07		
	8 Koshi-Nage-Hiji-Garami								1.08								
	9 Koshi-Nage-Kote-Hineri	1.09							1.10								
	10 Juji-Garami								1.11		1.12						
	11 Tenshi-Nage		1D.01										1D.02		1D.03		
	12 Sumi-Otoshi	1D.04	1D.05														
	13 Kokyu-Nage		1D.06	1D.07			1D.08	1D.09					1D.10				
	14 Ude-Kime-Nage			1D.11									1D.12		1D.13		
Katame-Waza	1 Ude-Osae	5.05	5.06	5.07	5.08		4.09		4.10	4.11	4.12		4.13	4.14	4.15		
	2 Kote-Mawashi	3.08	3.09	3.10	3.11		3.12		3.13	3.14	3.15		3.16	3.17	3.18		
	3 Kote-Hineri	2.12	2.13	2.14	2.15		2.16		2.17	2.18	2.19		2.20	2.21	2.22		
	4 Tekubi-Osae	1.13	1.14	1.15	1.16		1.17		1.18	1.19	1.20		1.21	1.22	1.23		
	5 Ude-Nobashi	1.24											1.25				
	6 Ude-Garami	1D.14												1D.15		1D.16	
	7 Ude-Kime-Osae	1D.17											1D.18		1D.19		