

KIHON WAZA

Basic Techniques

KATAME WAZA

(Pinning Techniques)

Ikkyo

Nikyo

Sankyo

Yonkyo

Gokyo

Omote / Ura

NAGE WAZA

(Throwing Techniques)

Kotegaeshi

Kokyunage

Kaitenage

Iriminage

Shihonage

Tenkan / Irimi