



## Shodan-Gi

### *Suwari Waza*

Nukite

Atemi \_ Kasumi no-to

Hiza Gatame

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Uchi Komi Dori

### *Hantachi Waza*

Yoko Katate Osae Dori

Yoko Morote Osae Dori

### *Tachi Waza*

Shuto Zeme

Shuto Zeme Otoshi

Atemi \_ Kasumi No-To

Atemi \_ Uto no-to

Hiki Otoshi

Aiki Nage

Kote Gaeshi Dori

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Ude Mune Osae Dori

Uchi Komi Dori

Ushiro Zeme Otoshi

Kubi Jime Nage

Ushiro Kubi Jime Nage