



		Katate-Dori	Ai-Hanmi	Gyaku-Hanmi	Ryote-Dori	Katate-Ryote-Dori	Kata-Dori	Mune-Dori	Ushiro-Ryote-Dori	Ushiro-Eri-Dori	Ushiro-Ryokata-Dori	Shomen-Uchi	Kata-Dori-Men-Uchi	Shomen-Tsuki	Yokomen-Uchi
															
Atemtechniken	5-V														
Konzentrationsstechniken	5-V														
Mae Ukemi	4-3														
Ushiro Ukemi	5-3														
Yo Ukemi	3														
Freies Fallen	3														
Katame Wasa															
Ikkyo		5			4	1	3	3	3	3	3	2-V	I-V	2	1
Nikyo			4			1		3				2-V	I-V		
Sankyo			4			1						2-V	I-V		
Yonkyo												2-V	I-V		
Nage Wasa															
Shio Nage		5			4			3	3				I-V		1
Kote Gaeshi			4			I-V		3				2-V	I-V	2	1
Irimi Nage			4			I-V		3		3		2-V	I-V	2	1
Kaiten Nage Uchi				4											
Kaiten Nage Soto				4								2			
Tenchi Nage		4		5	4							2-V			
Koshi Nage			1									2-V			1
Kokyu Nage		I-V	4,1		5	4,1	3,1	3			3	2,1			1
Juji Garami						I-V									
Suari Wasa															
Shikho	3														
Tenkan Ho	3														
Tai Sabaki	3														
Kokyu Ho					3-V										
Ikkyo												3,1	-V		
Nikyo												2-V			

		Katate-Dori	Ai-Hanmi	Gyaku-Hanmi	Ryote-Dori	Katate-Ryote-Dori	Kata-Dori	Mune-Dori	Ushiro-Ryote-Dori	Ushiro-Eri-Dori	Ushiro-Ryokata-Dori	Shomen-Uchi	Kata-Dori-Men-Uchi	Shomen-Tsuki	Yokomen-Uchi
															
Sankyo												1-V			
Yonkyo												1-V			
Irimi Nage												1-V			
Hanmi Hantachi															
Ikkyo		I-V													
Shio Nage		I-V													
Randori															
1 Partner	I														
2 Partner	II														
3 Partner	III-V														
Henka Wasa	I-V														
Kaeshi Wasa	I-V														
Ki Musubi Wasa															
Kokyu Nage		I-V			I-V	I-V			I-V			I-V			I-V
Sokumen Irimi Nage		I-V			I-V	I-V	I-V		I-V		I-V				I-V
Jo															
20 Suburi	I-V														
6 Kumi Jo	I-V														
31 Kata	1-V														
Jo Dori	2-V														
Bokken															
7 Suburi	I-V														
5 Kumi Tachi	I-V														
Tachi Dori	II-V														
Jo-Bokken-Combi.	III-V														
Tanto Dori	III-V														
Engagement (Trainer)	I-V														