



<b>Shitei Waza</b>		
01. Ushiro Waza Katate Eri Mochi Ikkajo Osae (1)		
02. Katate Mochi Nikajo Hiji Shime (2)		
03. Katate Mochi Nikajo Kaiten Nage (2)		
04. Sode Mochi Nikajo Tenkan Osae (2)		
05. Hiji Mochi Nikajo Osae (2)		
06. Kata Mochi Nikajo Osae (2)		
07. Suwari Waza Ryote Mochi Nikajo Osae (2)		
08. Suwari Waza Yokomen Uchi Nikajo Osae (2)		
09. Katate Mochi Sankajo Osae Kuguri		
10. Mune Mochi Sankajo Osae (1)		
11. Mune Mochi Sankajo Osae (2)		
12. Mune Mochi Sankajo Osae Kuguri		
13. Yokomen Uchi Uchiuke Sankajo Osae (1)		
14. Yokomen Uchi Sankajo Osae (1)		
15. Suwari Waza Yokomen Uchi Sankajo Osae (1)		
16. Ushiro Waza Ryote Mochi Sankajo Osae (1)		
17. Ushiro Daki Sankajo Nage		
18. Kata Mochi Yokomen Uchi Shiho Nage (1)		
19. Yokomen Uchi Shiho Nage (1)		
20. Kata Mochi Sokumen Irimi Nage (1)		
21. Shomen Uchi Sokumen Irimi Nage (2)		
22. Shomen Tsuki Kotegaeshi (1)		
23. Yokomen Uchi Kotegaeshi (1)		
24. Eri Mochi Hiji Shime (2) Chyba Ushiro		
25. Suwari Waza Ryote Mochi Hiji Ate Kokyu Nage (2)		
26. Katate Mochi Hiji Mage Koho Nage (2)		
27. Ryote Mochi Tai no Henko Kokyu Nage		
28. Hanmi Handachi Shiho Nage Shomen		

<b>Shitei Jiyu Waza</b>		
01. Shomen Uchi Jiyu Waza		
02. Yokomen Uchi Jiyu Waza		
03. Katate Mochi Jiyu Waza		
04. Ryote Mochi Jiyu Waza		
05. Shomen Tsuki Jiyu Waza		
06. Kata Mochi Jiyu Waza		
07. Ushiro Waza Ryote Mochi Jiyu Waza		
08. Ushiro Waza Ryohiji Mochi Jiyu Waza		
09. Ushiro Waza Ryokata Mochi Jiyu Waza		
10. Tanto Dori Jiyu Waza		
11. Ken Dori Jiyu Waza		