

6e Kuy - Wit**UKEMI WAZA**

TAISABAKI
SHIKKO
KOKYUHO

TACHI WAZA

Aihanmi katatedori	IRIMINAGE (Omote - Ura)
Aihanmi katatedori	KOTEGAESHI (Omote - Ura)
Aihanmi katatedori	IKKYO (Omote - ura)
Aihanmi katatedori	SANKYO (Omote - ura)
Aihanmi katatedori	SHIHONAGE (Omote - ura)
Aihanmi katatedori	UCHIKAITENNAGE

Shomenuchi	IRIMINAGE (Omote - Ura)
------------	-------------------------

SUWARI WAZA

Ryotedori	KOKYUHO
-----------	---------

5e Kuy - Geel**TACHI WAZA**

Katatedori	SHIHONAGE (Omote - Ura)
Katatedori	TENCHINAGE (Omote - Ura)
Katatedori	IKKYO (Omote - Ura)
Katatedori	UDEKIMENAGE
Katatedori	KOKYUNAGE

Shomenuchi	IRIMINAGE (Omote - Ura)
Shomenuchi	KOTEGAESHI (Omote - Ura)
Shomenuchi	IKKYO (Omote - Ura)
Shomenuchi	NIKYO (Omote - Ura)

Chudantsuki	IRIMINAGE
Chudantsuki	KOTEGAESHI

SUWARI WAZA

Shomenuchi	IKKYO (Omote - Ura)
------------	---------------------

Katadori	IKKYO (Omote - Ura)
----------	---------------------

4e Kuy - Oranje

TACHI WAZA

Shomenuchi	SANKYO (Omote - Ura)
Shomenuchi	UCHIKAITEN SANKYO
Yokomenuchi	SHIHONAGE (Omote - Ura)
Yokomenuchi	IRIMINAGE
Yokomenuchi	TENCHINAGE
Yokomenuchi	KOTEGAESHI
Yokomenuchi	UDEKIMENAGE
Chudantsuki	UDEKIMENAGE
Chudantsuki	HIJIKIMEOSAE
Jodantsuki	IKKYO (Omote - Ura)
Ryotedori	SHIHONAGE (Omote - Ura)
Ryotedori	TENCHINAGE
Ryotedori	UDEKIMENAGE
Ryotedori	IKKYO (Omote - Ura)
Katatedori	NIKYO (Omote - Ura)
Katateriyotedori	KOTEGAESHI

SUWARI WAZA

Shomenuchi	NIKYO (Omote - Ura)
Katatedori	NIKYO (Omote - Ura)

3e Kuy - Groen

TACHI WAZA

Shomenuchi	YONKYO (Omote - Ura)
Shomenuchi	GOKYO
Yokomenuchi	IKKYO (Omote - Ura)
Yokomenuchi	UCHIKAITEN SANKYO
Chudantsuki	SOTOKAITENNAGE
Chudantsuki	UCHIKAITEN SANKYO
Jodantsuki	SHIHONAGE
Jodantsuki	KOTEGAESHI
Ryotedori	IRIMINAGE
Ryotedori	KOTEGAESHI
Ryotedori	KOKYUNAGE
Katatedori	UCHIKAITENNAGE
Katatedori	SANKYO (Omote - Ura)
Katatedori	YONKYO (Omote - Ura)
Katateriyotedori	IKKYO (Omote - Ura)
Katateriyotedori	NIKYO (Omote - Ura)

UCHIRO WAZA

Ryotedori	IKKYO (Omote - Ura)
Ryotedori	HIJIKIMEOSAE
Ryotedori	KOTEGAESHI
Ryotedori	SHIHONAGE
Ryotedori	IRIMINAGE

SUWARI WAZA

Shomenuchi	IRIMINAGE
Shomenuchi	KOTEGAESHI
Shomenuchi	SANKYO (Omote - Ura)
Katadori	SANKYO (Omote - Ura)

2e Kuy - Blauw**TACHI WAZA**

Shomenuchi	JYU WAZA
Yokomenuchi	NIKYO (Omote - Ura)
Yokomenuchi	SANKYO (Omote - Ura)
Yokomenuchi	YONKYO (Omote - Ura)
Yokomenuchi	GOKYO
Yokomenuchi	KOSHINAGE
Munadori	IKKYO (Omote - Ura)
Munadori	SHIHONAGE
Munadori	UCHIKAITEN SANKYO
Jodantsuki	NIKYO (Omote - Ura)
Jodantsuki	SANKYO (Omote - Ura)
Katadori Menuchi	SHIHONAGE
Katadori Menuchi	KOTEGAESHI
Katadori Menuchi	IRIMINAGE
Katadori Menuchi	KOSHINAGE
Katadori Menuchi	IKKYO (Omote - Ura)
Maegeri	IRIMINAGE

UCHIRO WAZA

Eridori	IKKYO
Ryokatadori	IKKYO (Omote - Ura)
Ryokatadori	NIKYO (Omote - Ura)
Ryokatadori	SANKYO (Omote - Ura)
Ryokatadori	IRIMINAGE
Ryokatadori	KOTEGAESHI
Ryohijidori	IRIMINAGE
Ryohijidori	KOTEGAESHI
Katatedori	kubishime IKKYO

SUWARI WAZA

Shomenuchi	YONKYO (Omote - Ura)
Shomenuchi	SOTOKAITENNAGE
Ryokatadori	IKKYO (Omote - Ura)
Chudantsuki	IKKYO (Omote - Ura)

1e Kuy - Bruin**TACHI WAZA**

Yokomenuchi	JYU WAZA
Chudantsuki	JYU WAZA
Maegeri	JYU WAZA
Munadori Menuchi	IKKYO (Omote - Ura)
Munadori Menuchi	NIKYO (Omote - Ura)
Munadori Menuchi	SANKYO (Omote - Ura)
Munadori Menuchi	KOSHINAGE
Jodantsuki	YONKYO (Omote - Ura)
Jodantsuki	KOSHINAGE
Jodantsuki	IRIMINAGE
Jodantsuki	SHIHONAGE
Jodantsuki	SOTOKAITENNAGE
Jodantsuki	UCHIROKIRYOTOSHI

UCHIRO WAZA

Ryotedori	YONKYO
Ryotedori	KOKYUNAGE
Ryotedori	KOSHINAGE
Katatedori kubishime	
Katatedori kubishime	

Eridori	NIKYO
Eridori	SANKYO
Eridori	IRIMINAGE

HANMIHANDACHI WAZA

Katatedori	SHIHONAGE (Omote - Ura)
Katatedori	UCHIKAITENNAGE
Katatedori	IKKYO (Omote - Ura)
Ryotedori	SHIHONAGE

SUWARI WAZA

Shomenuchi	JYU WAZA
Ryokatadori	SANKYO (Omote - Ura)
Ryokatadori	YONKYO
Katadori Menuchi	IRIMINAGE
Katadori Menuchi	KOTEGAESHI
Katadori Menuchi	KOKYUNAGE