

















GO-KYO-NO-WAZA









DAI - IKKYO

							
DE-ASHI-BARAI	HIZA-GURUMA	SASAE-TSURI-KOMI-ASHI	UKI-GOSHI	O-SOTO-GARI	O-GOSHI	O-UCHI-GARI	SE-OI-NAGE a) IPPON b) MOROTE









DAI - NIKYO

							
KO-SOTO-GARI	KO-UCHI-GARI	KOSHI-GURUMA	TSURI-KOMI-GOSHI	OKURI-ASHI-BARAI	TAI-OTOSHI	HARAI-GOSHI	UCHI-MATA









DAI - SANKYO

							
KO-SOTO-GAKE	TSURI-GOSHI	YOKO-OTOSHI	ASHI-GURUMA	HANE-GOSHI	HARAI-TSURI-KOMI-ASHI	TOMOE-NAGE	KATA-GURUMA

DAI - YONKYO

							
SUMI-GEASHI	TANI-OTOSHI	HANE-MAKI-KOMI	SUKUI-NAGE	UTSURI-GOSHI	O-GURUMA	SOTO-MAKI-KOMI	UKI-OTOSHI

DAI - GOKYO

							
O-SOTO-GURUMA	UKI-WAZA	YOKO-WAKARE	YOKO-GURUMA	USHIRO-GOSHI	URA-NAGE	SUMI-OTOSHI	YOKO-GAKE

