

*Dai-ikkyo (group 1)*



De-ashi-harai



Hiza-guruma



Sasae-tsurikomi-ashi



Uki-goshi



Osoto-gari



O-goshi



Uchi-gari



Seoi-nage

*Dai-nikyo (group 2)*



Kosoto-gari



Kouchi-gari



Koshi-guruma



Tsurikomi-goshi



Okuri-ashi-harai



Tai-otoshi



Harai-goshi



Uchi-mata

*Dai-sankyo (group 3)*



Kosoto-gake



Tsurigoshi



Yoko-otoshi



Ashi-guruma



Hane-goshi



Harai-tsurikomi-ashi



Tomoe-nage



Kata-guruma

*Dai-yonkyo (group 4)*



Sumi-gaeshi



Tani-otoshi



Hane-makikomi



Sukui-nage



Utsuri-goshi



O-guruma



Soto-makikomi



Uki-otoshi

*Dai-gokyo (group 5)*



Osoto-guruma

Uki-waza

Yoko-wakare

Yoko-guruma

Ushiro-goshi

Ura-nage

Sumi-otoshi

Yoko-gake