

	WÜRFE "NAGE - WAZA"							
5. Kyu- grad								
	De-Rishi-Barai	Hiza-Guruma	Sasae-Tsuri-Kami-Rishi	Uki-Goshi	O-Soto-Gari	O-Goshi	Ko-Soto-Gari	Seoi-Nage
		Rishi-Waza		Koshi-Waza	Rishi-Waza	Koshi-Waza	Mehi-Waza	Te-Waza
4. Kyu- grad								
	O-Uchi-Gari	Ko-Uchi-Gari	Koshi-Guruma	Tsuri-Kami-Goshi	Okuri-Rishi-Barai	Tai-Otoshi	Harai-Goshi	Uchi-Mata
	Rishi-Waza		Koshi-Waza		Rishi-Waza	Te-Waza	Koshi-Waza	Rishi-Waza
3. Kyu- grad								
	Ko-Soto-Gake	Tsuri-Goshi	Yoko-Otoshi	Rishi-Guruma	Hane-Goshi	Harai-Tsuri-Kami-Rishi	Tomoe-Nage	Kata-Guruma
	Rishi-Waza	Koshi-Waza	Joko-Sutemi-Waza	Rishi-Waza	Koshi-Waza	Rishi-Waza	Ma-Sutemi-Waza	Te-Waza
2. Kyu- grad								
	Sumi-Gaeshi	Tani-Otoshi	Hane-Maki-Komi	Sukui-Nage	Utsuri-Goshi	O-Guruma	Soto-Maki-Komi	Uki-Otoshi
	Ma-Sutemi-Waza	Joko-Sutemi-Waza	Joko-Sutemi-Waza	Te-Waza	Koshi-Waza	Mehi-Waza	Joko-Sutemi-Waza	Te-Waza
1. Kyu- grad								
	Uki-Waza	O-Soto-Guruma	Yoko-Wakare	Yoko-Buruma	Ushiro-Goshi	Ura-Nage	Sumi-Otoshi	Yoko-Gake
	Joko-Sutemi-Waza	Mehi-Waza	Joko-Sutemi-Waza		Koshi-Waza	Ma-Sutemi-Waza	Te-Waza	Joko-Sutemi-Waza