

NIKYU

YAWARA

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| 1. Right Blow (Nagashi) | Ude Tori - Drop Throw - Bar Flex |
| 2. Right Blow (Nagashi) | Ude Tori - Rear Otoshi – Hand Twist |
| 3. Right Blow (Nagashi) | Ulna Press - Rear Hadaka Jime |
| 4. Right Blow (Nagashi) | Reverse Ulna -Inside Arm Twist |
| 5. Right Blow (Nagashi) | Reverse Ulna – Ulna Press – Bar Flex |
| 6. Right Blow (Age Uke) | Ulna Press – Judo Lock |
| 7. Right Blow (Age Uke) | Reverse Arm Bar - Rear Hadaka Jime |
| 8. Right Blow (Age Uke) | Reverse Arm Bar – Bar Flex – Rear Otoshi |
| 9. Front Choke | Reverse Arm Bar – Hand Twist |
| 10. Front Choke | Cross Twist – Front Flex |
| 11. Front Choke | Cross Twist – Yubi Tori |
| 12. Front Choke | Ude Tori - Rear Otoshi – Bar Flex |
| 13. Front Choke | Ulna Press - Kosoto Gari – Bar Flex |
| 14. Wrist Hold | Cross Twist – Flex Hammer Lock |
| 15. Wrist Hold | Reverse Arm Bar – Bar Flex |
| 16. Wrist Hold | Ude Tori – Body Slam – Kneeling Bar – Bar Flex |
| 17. Attempted Headlock | Reverse Ulna – Reverse Hadaka Jime |
| 18. Rear Hug (Pin) | Ulna Press – Bar Flex – Rear Otoshi |
| 19. 2 On 1 Wrist | Ulna Press – Kosoto Gari – Kneeling Bar – Bar Flex |
| 20. Right Blow (Age Uke) | Ulna Press – Kosoto Gari – Kneeling Bar – Bar Flex – Rear Otoshi – Hand Twist |

AIKIDO TENSHO

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| 1. Outside Wrist | 6. Straight Lapel Hold |
| 2. Cross Wrist | 7. Right Blow - Elbow Snatch |
| 3. 2 on 1 Wrist | 8. Right Blow - Wrist Snatch (Outside) |
| 4. Sleeve Hold | 9. Right and Left -Kuzushi |
| 5. Front Choke | 10. Attempted Headlock |

NIKYU

NAGE WAZA

- 1 Ashi Guruma
- 2 Osoto Guruma
- 3 Hiza Guruma
- 4 Tama Guruma
- 5 Kosoto Gake
- 6 Maki Geashi
- 7 Kubi Nage Leg Drive
- 8 Seoi Nage Leg Drive
- 9 Seoi Nage Harai
- 10 Drop Seoi Nage

RANDORI

- 1 Okuri Ashi Harai
- 2 Harai Goshi
- 3 Seoi Nage
- 4 Hane Goshi
- 5 Tai Otoshi
- 6 Kouchi Gari
- 7 Deashi Harai
- 8 Uchi Mata
- 9 Maki Komi Harai
- 10 Tomoe Nage

ATEMI WAZA

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|-----------------------------|-----------------------|
| 1. Side Headlock | Fumi Komi |
| 2. Side Headlock | Knuckle Press |
| 3. Side Headlock | Yoko Haito |
| 4. Side Headlock (Kneeling) | Calf Touch |
| 5. Body Scissor | Knee Touch |
| 6. Front Hug (Free) | Ear Clap |
| 7. Front Hug (Free) | Ippon Nukite (Throat) |
| 8. Front Hug (Free) | Nukite (Face) |
| 9. Right and Left | Front Headlock |
| 10. Handshake | Knuckle Press |
| 11. Handshake | Thumb Press |
| 12. Rear Strangle | Ear Clap |
| 13. Straddle Choke | Radius Throw |
| 14. Wrist Hold | Wrist Bend |
| 15. Wrist Hold | Finger Bend |

NIKYU

JU JITSU

- 1 Front Choke
- 2 Front Choke
- 3 Right Blow (Nagashi)
- 4 Right Blow (Age Uke)

- 5 Right Blow (Soto Age Uke)
- 6 Front Hug
- 7 Front Hug
- 8 Front Hug
- 9 Right And Left
- 10 Right And Left
- 11 Right And Left
- 12 Side Headlock
- 13 Side Headlock (Left)
- 14 Double Wrist
- 15 Double Lapel
- 16 Front Struggle
- 17 Full Nelson
- 18 Straight Lapel
- 19 Rear Strangle
- 20 Wrist Grab

- Sode Tsurikomi Harai
- Uki Waza
- Radius Takedown
- Kata Gatame-Osoto Gari-Juji Gatame-Short
- Arm Scissors
- Kote Maki Tori -Hand Twist
- Yoko Wakare
- Okuri Ashi Harai
- Hane Goshi
- Ippon Seoi Nage Harai
- Kubi Nage Harai
- Tora Nage - Lift And Tettsui
- Yoko Guruma
- Harai Goshi
- Shiho Nage -Moro Yubi Tori
- Tomoe Nage
- Uchi Mata
- Maki Komi Harai
- Kani Sute
- Osoto Gari -Uki Otoshi
- Sake Nuke

GYAKU

1. Boxer's Left
2. Side Headlock
3. Side Headlock
4. Full Nelson
5. Rear Strangle
6. Front Choke
7. Front Hug
8. Right Blow
9. Right And Left
10. Right And Left

- Scissors Roll-Up - Hiza Hishigi
- Ushiro Goshi - Leg Screw
- Ura Nage - Choke And Arm Bar
- Maki Komi Harai - Ude Gatame
- Ippon Seoi Nage - Dragon Choke
- Sode Tsurikomi Goshi - Ude Garami
- Hane Goshi - Double Wing Lock Strangle
- Sake Nuke - Kami Shiho Gatame
- Inside Lift - Ashi Hishigi
- Tai Otoshi - Kneeling Reverse Arm Bar