

SANKYU

KEMPO

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| 1. Right Blow (Age Uke) | Hiji -Sakutso -Body Slam |
| 2. Right Blow (Nagashi) | Yoko Shuto - Uraken - Outside Lift |
| 3. Right Blow (Nagashi) | Yoko Haito - Cross Shuto - Fumi Komi |
| 4. Right & Left (Age Uke) | Kuzushi - Sakutso - Ura Tsuki -Fumi Komi |
| 5. Right & Left (Age Uke) | Hittsui Geri - Kubi Nage - Uraken |
| 6. Front Choke | Sakutso - Yoko Haito - Kosoto Geri |
| 7. Front Choke | Ude Uke - Mae Geri - Body Slam |
| 8. Front Headlock | Gedan Shuto - Sakutso - Osoto Gari |
| 9. Front Kick | Gedan Juji Uke - Mae Geri - Ulna Calf |
| 10. Front Hug | Gedan Haito - Thigh-Foot |
| 11. Rear Hug (Pin) | Fumi Komi - Ippon Seoi Nage |
| 12. Rear Hug (Pin) | Fumi Komi - Gedan Shuto - Sakutso –Arm Drag |
| 13. Rear Strangle | Hiji - Osoto Gari - Gedan Tsuki |
| 14. Full Nelson | Fumi Komi - Body Slam - Sakutso |
| 15. Attempted Headlock | Sakutso - Ura Tsuki - Collar Drag |
| 16. Double Lapel | Double Hiji - Inside Lift |
| 17. Hammer Lock (Police) | Hiji -Uraken - Reverse Hadaka Jime - Tettsui |
| 18. 2 On 1 Wrist (Rear) | Ulna Break - Uraken -Inside Arm Twist |
| 19. Straight Lapel | Sakutso - Cross Shuto - Nukite -Kouchi Geri |
| 20. Left Hold & Punch | Cross Shuto - Ude Uke – Uraken - Throw |

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NAGE-WAZA

1. Tora Nage
2. Kani Sute
3. Harai Goshi
4. Uchi Mata
5. Maki Komi Harai
6. Uke Waza
7. Hane Goshi
8. Tomoe Nage
9. Sake Nuke
10. Yoko Wakare

JUDO COUNTERS

1. Seoi Nage To Hand Block
2. Ogoshi To Hip Block
3. Osoto Gari To Osoto Gari
4. Seoi Nage To Ushiro Goshi
5. Kubi Nage To Hidari Ogoshi
6. Ogoshi To Nidan Kosoto Gari
7. Seoi Nage To Ura Nage
8. Sasae Tsurikomi Ashi To Sasae Tsurikomi Ashi
9. Left Ogoshi To Tai Otoshi
10. Deashi Harai To Deashi Harai

YAWARA

1. Straddle Arm
2. Club Jitsu
3. Hand Twist
4. Cross Twist
5. Judo Lock (To Mat) - Finger Lace
6. Ulna Press (To Mat) - Nerve Touch - Bar Flex
7. Reverse Ulna
8. Kote Maki Tore
9. Front Flex
10. Bum's Rush - Hadaka Jime
11. Flex - Twist Throw - Yubi Tori
12. Reverse Arm Bar - Bar Flex
13. Wrist Twist Throw - Moro Yubi Tori
14. Wrist Twist Throw - Cross Twist - Front Flex
15. Wrist Twist (Standing) - Cross Twist - Yubi Tori
16. Ude Tori - Reverse Hadaka Jime
17. Ude Tori - Inside Arm Twist / Shiho Nage
18. Ude Tori - Rear Otoshi -Moro Yubi Tori
19. Ude Tori - Bar Flex - Rear Otoshi - Bar Flex
20. Reverse Ulna – Ulna Press – Bar Flex

SANKYU

JU JITSU

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|------------------------|---------------------------|
| 1. Front Choke | Sode Tsurikomi Goshi |
| 2. Front Choke | Sasae Tsurikomi Ashi |
| 3. Front Choke | Radius Takedown |
| 4. Rear Hug (Pin) | Ippon Seoi Nage |
| 5. Rear Hug (Pin) | Okuri Ashi Harai |
| 6. Rear Hug (Police) | Okuri Ashi Harai |
| 7. Rear Hug (Free) | Body Slam |
| 8. Full Nelson | Body Slam |
| 9. Right Blow (Block) | Kata Gatame A - B |
| 10. Right Blow (Block) | Ulna-Thigh |
| 11. Right Blow (Block) | Kata Guruma -Ohten Gatame |
| 12. 2 On 1 Rear Elbow | Ulna Press -Hadaka Jime |
| 13. Right & Left | Uki Otoshi |
| 14. Arm Grab | Tai Otoshi |
| 15. Crouch | Sumi Geashi |
| 16. Front Hug | Uki Goshi |
| 17. Side Headlock | Ura Nage |
| 18. Boxer's Left | Ura Nage |
| 19. Boxer's Left | Kata Ha Jime |
| 20. Boxer's Left | Ouchi Gari |

GYAKU

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|-----------------------|-----------------|--------------------|
| 1. Right & Left | Thigh Foot | Ashi Gatame |
| 2. Right & Left | Sumi Geashi | Hadaka Jime |
| 3. Right Blow | Ippon Seoi Nage | Juji Gatame |
| 4. Rear Hand Choke | Ogoshi | Short Arm Scissors |
| 5. Full Nelson | Body Slam | Hantai Gatame |
| 6. Rear Hug (Free) | Leg Pull | Ashi Kubi Hishigi |
| 7. Front Choke | Osoto Gari | Wing Lock |
| 8. Left Blow | Kesa Nage | Front Kneeling Bar |
| 9. Attempted Headlock | Kosoto Gari | Rear Kneeling Bar |
| 10. Double Lapel | Kubi Nage | Shoulder Dislocate |