

YONKYU

JU JITSU

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| 1. Front Choke | Osoto Gari |
| 2. Right Blow (Block) | Osoto Gari |
| 3. Rear Strangle | Osoto Gari |
| 4. Lapel Pull | Osoto Gari |
| 5. Attempted Headlock | Osoto Gari |
| 6. Full Nelson | Osoto Gari |
| 7. Right Blow (Block) | Body Slam |
| 8. Front Choke | Body Slam |
| 9. Full Nelson | Maki Komi |
| 10. Front Bear Hug | Ogoshi |
| 11. Right and Left | Kubi Nage |
| 12. Right Blow (Block) | Seoi Nage |
| 13. Front Choke | Kosoto Gari |
| 14. Attempted Headlock | Kosoto Gari |
| 15. Left Hook | Kesa Nage |
| 16. Side Grab (Off Center) | Ouchi Gari |
| 17. Side Grab (Off Center) | Kouchi Gari |
| 18. Rear Hand Choke | Ogoshi |
| 19. Side Headlock | Hair/Nose |
| 20. Right Blow (Perry) | Outside Lift |

YAWARA

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|------------------------|------------------|
| 1. Right Blow (Block) | Hand Twist |
| 2. Rear Double Wrist | Hand Twist |
| 3. Wrist Hold | Top Hand Torture |
| 4. Wrist Hold | Cross Twist |
| 5. Front Choke | Cross Twist |
| 6. Front Choke | Yubi Tori |
| 7. Right Blow (Parry) | Judo Lock |
| 8. Right Blow (Block) | Judo Lock |
| 9. Wrist Hold | Hammer Lock |
| 10. Cross Wrist | Reverse Ulna |
| 11. Right Blow (Parry) | Reverse Ulna |
| 12. Right Blow (Parry) | Ude Tori |
| 13. Wrist Hold | Ude Tori |
| 14. Cross Wrist | Twist |
| 15. Lapel Grab | Wrist Bend |
| 16. Front Choke | Ulna Press |
| 17. Side Wrist Hold | Ulna Torture |
| 18. Cross Wrist | Lapel Arm Bar |
| 19. Right Blow (Parry) | Bar Flex |
| 20. Handshake | Moro Yubi Tori |

NAGE WAZA

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|--------------------|-------------------------|----------------|--------------|
| 1. Ippon Seoi Nage | 4. Uki Otoshi | 7. Uki Goshi | 10. Ura Nage |
| 2. Tsurikomi Goshi | 5. Okuri Ashi Harai | 8. Tai Otoshi | |
| 3. Sumi Geashi | 6. Sasae Tsurikomi Ashi | 9. Kata Guruma | |

SHIME WAZA

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|-----------------------|--------------------------|
| Nami Juji Jime | (Normal Cross Lock) |
| Gyaku Juji Jime | (Reverse Cross Lock) |
| Kata Juji Jime | (Half Cross Lock) |
| Hadaka Jime | (Naked Lock) |
| Okuri Eri Jime | (Sliding Collar Lock) |
| Kata Ha Jime | (Single Wing Lock) |
| Kata Gatame | (Shoulder Lock) |
| Ushiro Nami Juji Jime | (Rear Normal Cross Lock) |

KANSETSU WAZA

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|-------------------|----------------------|
| Ude Garami | (Entangled Arm Lock) |
| Juji Gatame | (Cross Arm Lock) |
| Ashi Kubi Hishigi | (Ankle Knee Lock) |
| Ude Gatame | (Arm Arm Lock) |
| Ashi Gatame | (Arm Ankle Lock) |
| Hanti Gatame | (Wrist Knee Lock) |
| Ude Hiza Gatame | (Knee Arm Lock) |