

KIHON NAGE WAZA (SHODAN)

1 : Ura Yoko Men Uchi Mukae Daoshi

2 : Omote Yoko Men Uchi Shiho Nage

3 : Tsuki Jodan Yuki Chigae

4 : Tsuki Chudan Neji Kote Gaeshi

5 : Ryo Sode Dori Tenbim Nage

6 : Dosokute Dori Hachi Mawashi

7 : Ryote Dori Koshi Nage