

Ushiro ryote tori koshinage		Jiu waza	
Ushiro ryote tori jujinage			
Ushiro ryote tori jujigarame			
Tsuki irimi nage		Shomen uchi irimi nage	
Tsuki Kotegaeshi nage		Shomen uchi Kotegaeshi nage	
Tsuki Kaiten nage		Shomen uchi Kaiten nage - 3 ways	
Tsuki Juji nage		Shomen uchi Koshi - 2 ways	
Tsuki shihonage		Shomen uchi Kotegaeshi katame waza	
Tsuki ikkyo		Shomen uchi shihonage	
Tsuki gokyo		Shomen uchi jujinage	
Tsuki koshinage			
Yokomen uchi shihonage		Ryote tori tenchi nage	
Yokomen uchi iriminage		Ryote tori shiho nage	
- 5 ways		Ryote tori irimi nage	
Yokomen uchi kotegaeshinage		Ryote tori koshi nage	
Yokomen uchi kaitenage		Ryote tori kaitenage	
Yokomen uchi jujinage		Ryote tori kotegaeshi	
Yokomen uchi koshinage		Jiu waza	
Jiu waza			
Morote tori shihonage		Kata tori shihonage	
Morote tori iriminage		Kata tori iriminage	
Morote tori kotegaeshi nage		Kata men uchi ikkyo	
Morote tori juji nage		Kata men uchi shihonage	
Morote tori rippo		Kata men uchi iriminage	
Morote tori koshinage			
WEAPONS TAKING - SHODAN		WEAPONS TAKING - NIDAN	
Tanto tori - at least 3 techniques		Tanto tori - multiple techniques	
- shomen, tsuki, yokomen		- shomen, tsuki, yokomen	
Jo tori - one technique, prefer more:		Jo tori - multiple techniques:	
- tsuki		- shomen, tsuki, yokomen	
Bokken tori - one technique prefer more:		Bokken tori - multiple techniques:	
- shomen		- shomen, yokomen	
JYUU WAZA - SHODAN		JYUU WAZA - NIDAN	
Tori waza		Tori waza	
Uchi waza		Uchi waza	
		Futari gake	
NIDAN: Also study attack based jiyuu waza eg: sh		shomen uchi, katate tori, etc	
Kokyu ho: Suwari waza			
Tachi waza			