

KATALUETTELO

NAGE NO KATA

Te-waza

Uki-otoshi
Ippon-seoi-nage
Kata-guruma

Ma-sutemi-waza

Tomoe-nage
Ura-nage
Sumi-gaeshi

Koshi-waza

Uki-goshi
Harai-goshi
Tsurikomi-goshi

Yoko-sutemi-waza

Yoko-gake
Yoko-guruma
Uki-waza

Ashi-waza

Okuri-ashi-barai
Sasae-tsurikomi-ashi
Uchi-mata

KATAME NO KATA

Osae-komi-waza

Kuzure-gesa-gatame
Kata-gatame
Kami-shiho-gatame
Yoko-shiho-gatame
Kuzure-kami-shiho-gatame

Shime-waza

Kata-juji-jime
Hadaka-jime
Okuri-eri-jime
Kata-ha-jime
Gyaku-juji-jime

Kansetsu-waza

Ude-garami
Juji-gatame
Ude-gatame
Hiza-gatame
Ashi-garami

KIME NO KATA

Idori

Ryote-dori
Tsukkake
Suri-age
Yoko-uchi
Ushiro-dori
Tsukkomi
Kirikomi
Yoko-tsuki

Tachiai

Ryote-dori
Sode-tori
Tsukkage
Tsukiage
Suri-age
Yoko-uchi
Keage
Ushiro-dori

Tsukkomi
Kirikomi
Nuki-kake
Kirioroshi