

Wurfprogramm

| G r a d | Wurf | G r a d | Wurf |
|-----------------------------|--|-----------------------------|---|
| 8. K y u | O - goshi / Uki - goshi O - soto - otoshi Hiza - guruma / Sasae - tsuri - komi - ashi De - ashi - barai | 4. K y u | Ko - uchi - maki - komi Tomoe - nage Yoko - tomoe - nage Okuri - ashi - barai Koshi - uchi - mata |
| 7. K y u | O - goshi Koshi - guruma Seoi - otoshi O - uchi - gari Ko - uchi - gari | 3. K y u | Tani otoshi Yoko - otoshi Sumi - gaeshi Hane - goshi |
| 6. K y u | Ippon - Seoi - nage Tai - otoshi Tsuru - komi - goshi O - soto - gari De - ashi - barai | 2. K y u | Ashi - uchi - mata Kata - ashi - dori / Kochiki - daoshi Ushiro - goshi / Utsuri - goshi Te - guruma |
| 5. K y u | Hiza - guruma / Sasae - tsuri - komi - ashi Harai - goshi O - uchi - barai Ko - uchi - barai Ko - soto - gake | 1. K y u | Ashi - guruma / O - guruma Kata - guruma Soto - maki - komi Ura - nage / Yoko - guruma |

