

te-waza	koshi-waza	ashi-waza	masutemi-waza	yoko-sutemi-waza
Seoi-nage	O-goshi	Deashi-barai	Tomoe-nage	Yoko-otoshi
Tai-otoshi	Koshi-guruma	Hiza-guruma	Sumi-gaeshi	Tani-otoshi
Kata-guruma	Tsurikomi-goshi	Sassae-tsurikomi-ashi	Ura-nage	Hane-makikomi
Sukui-nage	Harai-goshi	Osoto-gari	Hikikomi-gaeshi	Soto-makikomi
Uki-otoshi	Tsuri-goshi	Ouchi-gari	Tawara-gaeshi	Uki-waza
Sumi-otoshi	Hane-goshi	Kosoto-gari		Yoko-wakare
Obi-otoshi	Utsuri-goshi	Kouchi-gari		Yoko-guruma
Seoi-otoshi	Ushiro-goshi	Okuri-ashi-harai		Yoko-gake
Yama-arashi	Daki-age	Uchi-mata		Daki-wakare
Morote-gari	Sode-tsurikomi-goshi	Kosoto-gake		Uchi-makikomi
Kuchiki-taoshi		Ashi-guruma		Kani-basami
Kibisu-gaeshi		Harai-tsurikomi-ashi		Osoto-makikomi
Uchi-mata-sukashi		O-guruma		Uchi-mata-makikomi
Kouchi-gaeshi		Osoto-guruma		Harai-makikomi
Ippon-seoi-nage		Osoto-otoshi		Kawazu-gake
		Tsubame-gaeshi		
		Osoto-gaeshi		
		Ouchi-gaeshi		
		Hane-goshi-gaeshi		
		Harai-goshi-gaeshi		
		Uchi-mata-gaeshi		
Osae-komi-waza		shime-waza		kansetsu-waza
Kuzure-kesa-gatame		Nami-juji-jime		Ude-garami
Kata-gatame		Gyaku-juji-jime		Ude-hishigi-juji-gatame
Kami-shiho-gatame		Kata-juji-jime		Ude-hishigi-ude-gatame
Kuzure-kami-shiho-gatame		Hadaka-jime		Ude-hishigi-hiza-gatame
Yoko-shiho-gatame		Okuri-eri-jime		Ude-hishigi-waki-gatame
Tate-shiho-gatame		Kata-ha-jime		Ude-hishigi-hara-gatame
Kesa-gatame		Do-jime (prohibited)		Ashi-garami (prohibited)
Kuzure-yoko-shiho-gatame		Sode-guruma-jime		Ude-hishigi-ashi-gatame
Ushiro-kesa-gatame		Kata-te-jime		Ude-hishigi-te-gatame
		Ryo-te-jime		Ude-hishigi-sankaku-gatame
		Tsukkomi-jime		
		Sankaku-jime		