

Shitei Waza • Техника на выбор экзаменатора

Название техники		
Katate Mochi Shiho Nage (1)(2)		
Ryote Mochi Shiho Nage (1)(2)		
Yokomen Uchi Shiho Nage (1)(2)		
* Shomen Uchi Ikkajo Osae (1)(2)		
* Yokomen Uchi Ikkajo Osae (1)(2)		
* Kata Mochi Ikkajo Osae (1)(2)		
Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)		
* Katate Mochi Nikajo Osae (1)(2)		
* Kata Mochi Nikajo Osae (1)(2)		
* Shomen Uchi Nikajo Osae (1)(2)		
* Shomen Uchi Sankajo Osae (1)(2)		
* Yokomen Uchi Sankajo Osae (1)(2)		
Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)		
* Shomen Uchi Yonkajo Osae (1)(2)		
* Yokomen Uchi Yonkajo Osae (1)(2)		
* Katate Mochi Sokumen Irimi Nage (1)(2)		
* Kata Mochi Sokumen Irimi Nage (1)(2)		
* Shomen Uchi Shomen Irimi Nage (1)(2)		
* Yokomen Uchi Shomen Irimi Nage (1)(2)		
* Shomen Uchi Hiji Shime (1)(2)		
* Yokomen Uchi Hiji Shime (1)(2)		
* Kata Mochi Hiji Shime (1)(2)		
* Mune Mochi Hiji Shime (1)(2)		
* Shomen Uchi Kotegaeshi (1)(2)		
* Yokomen Uchi Kotegaeshi (1)(2)		
* Ryote Mochi Tenchi Nage (1)		
Suwari Waza Ryote Mochi Kokyu Ho (1)(2)		
* Техника может быть выбрана Tachi или Suwari Waza		

Shitei Jiyu Waza • Свободная техника на выбор экзаменатора

Название техники		
Shomen Uchi Jiyu Waza		
Yokomen Uchi Jiyu Waza		
Shomen Tsuki Jiyu Waza		
Katate Mochi Jiyu Waza		
Ryote Mochi Jiyu Waza		