

1	Migi Hanmi Kamae	8	Ushiro Ryote Mochi Ikkajo (1)
2	Hidari Hanmi Kamae	9	Shitei Waza
3	Tai no Henko (1)	10	Shitei Waza
4	Hiriki no Yosei (1)	11	Shitei Waza
5	Hiriki no Yosei (2)	12	Shumatsu Dosa (1)
6	Yokomen Uchi Shihonage (2)	13	Shumatsu Dosa (2)
7	Suwari Waza Shomen Uchi Yonkajo Osae (2)		
<b>Shitei Waza</b>			
Katate Mochi Shihonage (1) (2)			
Ryote Mochi Shihonage (1) (2)			
Yokomen Uchi Shihonage (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 Iriminage (1) (2)			
*Kata Mochi Sokumen Iriminage (1) (2)			
*Shomen Uchi Shomen Iriminage (1) (2)			
*Yokomen Uchi Shomen Iriminage (1) (2)			
*Shomen Uchi Hijishime (1) (2)			
*Yokomen Uchi Hijishime (1) (2)			
*Kata Mochi Hijishime (1) (2)			
*Mune Mochi Hijishime (1) (2)			
*Shomen Uchi Kotegaeshi (1) (2)			
*Yokomen Uchi Kotegaeshi (1) (2)			
*Ryote Mochi Tenchinage (1) (2)			
Suwari Waza Ryote Mochi Kokyu Ho (1) (2)			

\* Denotes Techniques done both standing and kneeling