

Nikyu	
ATAQUE	TÉCNICA
Katate-dori	H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	S. Kokyu-nage
	T. H. Kotegaeshi (Jodan, chudan, gedan)
Katate-dori / Kosa-dori	T.S. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Rokyo
	T.H. Kote-gaeshi
	T.H. Irimi-nage
	T.H. Shiho-nage
	T.H. Udekimi-nage
	T.H. Kokyu-nage
	T Tenchi-nage
	T Kaiten-nage
	T Sumiotosi
	T Jiyu-Waza
Morote-dori	T Ikkyo, Nikkyo, Sankyo, Yonkyo
(Katate-ryotedori)	T Irimi-nage
	T Kotegaeshi
	T Shiho-nage
	T Udekime-nage
	T Jujigarami-nage
	T Kokyo-nage
	T Jiyu-waza
Ryote-dori	S Kokyu-ho
(Ryotedori-ryotemochi)	T Haishin undo
	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T.H. Shiho-nage
	T.H. Irimi-nage
	T.H. Kokyo-nage
	T.H. Sumiotoshi
	T.S. Tenchi-nage
	T Kotegaeshi (jodan, chudan, gedan)
	T Uchikaiten kokyo-nage
	T Sotokaiten Kokyo-nage
	T Koshi-nage
	T Jiyu-waza
Kata-dori	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T.S.H. Shiho-nage
	T.S.H. Kokyo-nage
	T Kotegaeshi
	H Uchikaiten-nage
	T Uchikaiten sankyo
	T Katakatame
	T Uchikaite katakatame
	T Sotokaiten katakatame
	T Udegarami-nage
	T Udehishige (Rokyo, Hijikime osae)
	T Udekime-nage
	T Koshi-nage
	T.H. Kokyo-nage
Somenuchi	T Ikkyo, Nikkyo, Sankyo, Yonkyo
	T Irimi-nage
	T Kotegaeshi

PREPARATORIO TRABAJO SHODAN (Jiyu Waza)			
katatedori	katame-waza	kosadori	katame-waza
sodedori	nage-waza	(jiyu waza)	nage-waza
hijidori			
katadori			
shomenuchi	katame-waza	yokomenuchi	katame-waza
(jiyu waza)	nage-waza	(jiyu waza)	nage-waza
riotedori	katame-waza	morotedori	katame-waza
(jiyu waza)	nage-waza	(jiyu waza)	nage-waza
ushiro waza	katame-waza	hanmi hantachi waza	katame-waza
ryotedori	nage-waza	katatedori	nage-waza
ryosodedori		katadori	
ryohijidori		ryotedori	
ryokatadori		shomenuchi	
Munedakishime		yokomenuchi	
katatedorikubishime			
Eridori			

	T Shiho-nage
	T Udekime-nage
Yokomenuchi	T.H. Ikkyo
	T Shiho-nage
	T Udekime-nage
Jodan Tsuki	T Ikkyo
	T Irimi-nage
Tsuki (Chudan)	T Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T Udehishige (Rokyo, Igikimeosae)
	T Irimi-nage
	T Kotegaeshi
	T Shiho-nage
	T Sotokaiten-nage
	T Tenchi-nage
	T Kaiten-nage
Tsuki (Jodan)	T Ikkyo, Nikkyo, Sankyo
	T Irimi-nage
	T.H. Shiho-nage
	T.H. Kotegaeshi
	T.H. Kokyo-nage
Shomen-uchi	T.S. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T.S. Irimi-nage
	T.S. Kotegaeshi
	T Shiho-nage
	T Udekime-nage
	T.S Kaiten-nage (uchi y soto)
	T Uchikaiten Sankyo
	T Sumiotoshi
	T Kokyo-nage
	T Koshi-nage
	T.H.Kokyo-nage
Ninindori (Shomen-uchi)	T.S. Taisabaki
Yokomen-uchi	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo
	T. Katame Waza
	T.H Irimi-nage
	T.H Kotegaeshi
	T.H Shiho-nage
	T Udekime-nage
	T Kaiten-nage
	T Uchikaiten kokyo-nage
	T Katakatame
	T Koshi-nage
	T Kokyo-nage
Tanto-dori (yokomen-uchi)	S Gokyo
Ushiro-Ryotedori (Ushiro Tekubi Dori)	T.S.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T Shiho-nage
	T Irimi-nage
	T Kotegaeshi
	T Kaiten-nage
	T Koshi-nage
	T Kokyo-nage
	T Jiyu waza
Ushiro-Ryokatadori	T.H. Ikkyo, Nikkyo, Sankyo, Yonkyo
	T Jiyu waza

Ushiro-katatedori-kubishime	T. Ikkyo, Nikyo, Sankyo, Yonkyo
	T. Shiho-nage
	T. Kotegaeshi
	T. Kokyo-nage
Ushiro-Munedakishime	T. Ikkyo
(Ushiro Haza Ijime)	T. Shiho-nage
	T. Kotegaeshi
	T. Kokyo-nage
	T. Jiyu waza
Ushiro-eridori	T. Irimi-nage
	T. Kokyo-nage
	T. Jiyu waza
Básicos	Torifune, Furitame
	Shikko
	Kamae (Hidari/Migi)
	Taisabaki
	Okuri Ashi, Tsugi Ashi,
	Tenkai Ashi, Irimi Ashi,
	Tenkan Ashi, Irimitenkan
	Kaiten Ashi
	Ukemis
	Mae/Ushiro Kaiten Ukemi,
	Yoko Ukemi
	Shutouchi
	Shomen ,Yokomen
	Ikkyo shihogiri
	- Hidari-Hanmi.
	- Migi-Hanmi.
	Morotedori
	(Mae, Ushiro)
	Kokyoryoku yosei-ho
	Ryuotedori
	Tenkan-ho (T)
	Haishin undo (T)
	Técnicas de Pierna
	Mae geri (patada frontal)
	Yoko geri (patada lateral)
	Mawashi geri (patada circular)