



	Tanto dori					Jo-dori	Jo-nage	Tachi dori
	chudan tsuki	(hon-te) shomen uchi	(gyakute) shomen uchi	(hon-te) yokomen uchi	(gyaku-te) yokomen uchi	chudan tsuki	ai hanmi	shomen uchi
ikkyo - omote	x					x		
ikkyo - ura	x							
sankyo						x	x	
gokyo - ura		x	x	x	x			
uchi kaiten sankyo	x							
hiji kime osae	x	x				x		
kote gaeshi	x	x	x	x	x	x		x
shiho nage - omote				x	x	x	x	x
shiho nage - ura				x				
irimi nage	x	x	x	x	x	x		
sokumen irimi nage						x		x
ude kime nage						x		
kokyu nage (versch. Formen)						x	x	x