

Daiwa Ryu Nidangi waza

Giles Chamberlin

Suwari waza (Sitting techniques)

Matsuba Dori Pine needle art

Tekagami Hand mirror

Ude Osae Dori Arm pin art

Mune Osae Dori Chest pin art

Uchi Komi Dori Strike inside art

Konoha Gaeshi Leaf turnover

Aya Dori Woven cloth art

Hantachi Waza Half standing techniques

Hantachi Mae Dori Half standing front art

Tachi Waza Standing Techniques

Maki Komi Winding inside

Tachi Tekagami Standing hand mirror

Shuto Jime Sword hand lock

Ryo Shuto Jime Both sword hand lock

Ude Osae Dori Arm pin art

Mune Osae Dori Chest pin art

Ryo Ude Osae Dori Both arm pin art

Ryo Mune Osae Dori Both chest pin art

Mune Konoha Gaeshi Chest leaf turnover

Katate Osae Aya Dori One hand pin woven cloth art

Uchi Komi Dori Strike inside art

Mae Niho Nage Front two way throw

Ushiro Niho Nage Rear two way throw