

## Suwari waza Sitting techniques

Ude Osae Dori Arm pin art

Mune Osae Dori Chest pin art

Uchi Komi Dori Strike inside art

Tekagami Hand mirror

Aya dori Woven cloth art

## Hantachi Waza Half standing techniques

Yoko Dori Side art

Morote osae dori two hand pin art

Ushiro gyaku kubi shime dori rear reverse neck strangulation art

## Tachi Waza Standing Techniques

Ryo mune osae dori both chest pin art

Emon dori Clothing crest art

Tachi Tekagami Standing hand mirror

Uchi Komi Dori Strike inside art

Tsuki mi dori Thrust to body art

Kata mune osae mochi mawari One chest pin lead around

Ryote mochi mawari Both hand lead around

Ushiro zeme dori rear attack art

Ushiro emon dori rear clothing crest art

Mae obi hiki dori Front belt pull art

Ushiro obi hiki dori Rear belt pull art

Nuke uchi dori Draw out strike art

Tsuki komi dori thrust inside art

Ushiro hakko dori rear eighth light art