

Gokyo

1. Kyo	2. Kyo	2. Kyo	4. Kyo	5. Kyo
De-Ashi-Barai	Ko-Soto-Gari	Ko-Soto-Gake	Sumi-Gaeshi	O-Soto-Guruma
Hiza-Guruma	Ko-Uchi-Gari	Tsuri-Goshi	Tani-Otoshi	Uki-Waza
Sasae-T-K-Ashi	Koshi-Guruma	Yoko-Otoshi	Hane-Maki-Komi	Yoko-Wakare
Uki-Goshi	Tsuri-Komi-Goshi	Ashi-Guruma	Sukui-Nage	Yoko-Guruma
O-Soto-Gari	Okuri-Ashi-Barai	Hane-Goshi	Utsuri-Goshi	Ushiro-Goshi
O-Goshi	Tai-Otoshi	Harai-T-K-Ashi	O-Guruma	Ura-Nage
O-Uchi-Gari	Harai-Goshi	Tomoe-Nage	Soto-Maki-Komi	Sumi-Otoshi
Seoi-nage	Uchi-Mata	Kata-Guruma	Uki-Otoshi	Yoko-gake