**SHODAN (1**st **Dan)**

1. Migi Hanmi no Kamae

2. Hidari Hanmi no Kamae

3. Hiriki no Yosei (1)

4. Hiriki no Yosei (2)

5. Kata Mochi Sokumen Irimi Nage (2)

6. Mune Mochi Hijishime (1)

7. Suwari Waza Yokomen Uchi Ikkajo Osae (2)

8. Shitei Waza

9. Shitei Waza

10. Shitei Waza

11. Shitei Waza

12. Shumatsu Dosa (1)

13. Shumatsu Dosa (2)

14. Shitei Jiyu Waza

**SHITEI JIYU WAZA**

Shomen Uchi Jiyu Waza

Yokomen Uchi Jiyu Waza

Katate Mochi Jiyu Waza

Ryote Mochi Jiyu Waza

Shomen Tsuki Jiyu Waza

**SHITEI WAZA FOR SHODAN**

Katate Mochi Shihonage (1) (2)

Ryote Mochi Shihonage (1) (2)

Yokomen Uchi Shihonage (1) (2)

Hanmi Handachi Katate Mochi Shihonage (1) (2)

Hanmi Handachi Ryote Mochi Shihonage

\*Shomen Uchi Ikkajo Osae (1) (2)

\*Yokomen Uchi Ikkajo Osae (1) (2)

\*Katate Mochi Ikkajo Osae (1) (2)

\*Kata Mochi Ikkajo Osae (1) (2)

Ushiro Ryote Mochi Ikkajo Osae (1) (2)

Ushiro Katate Eri Mochi Ikkajo Osae (1) (2)

\*Katate Mochi Nikajo Osae (1) (2)

\*Kata Mochi Nikajo Osae (1) (2)

\*Shomen Uchi Nikajo Osae (1) (2)

\*Yokomen Uchi Nikajo Osae (1) (2)

\*Shomen Uchi Sankajo Osae (1) (2)

\*Yokomen Uchi Sankajo Osae (1) (2)

\*Kata Mochi Sankajo Osae (1) (2)

Ushiro Ryote Mochi Sankajo Osae (1) (2)

Ushiro Katate Eri Mochi Sankajo Osae (1) (2)

\*Shomen Uchi Yonkajo Osae (1) (2)

\*Yokomen Uchi Yonkajo Osae (1) (2)

\*Katate Mochi Yonkajo Osae (1) (2)

\*Katate Mochi Sokumen Irimi Nage (1) (2)

\*Kata Mochi Sokumen Irimi Nage (1) (2)

\*Shomen Uchi Shomen Irimi Nage (1) (2)

\*Yokomen Uchi Shomen Irimi Nage (1) (2)

\*Shomen Uchi Hijishime (1) (2)

\*Yokomen Uchi Hijishime (1) (2)

\*Mune Mochi Hijishime (1) (2)

\*Kata Mochi Hijishime (1) (2)

\*Katate Mochi Hijiate Kokyu Nage (1) (2)

\*Shomen Uchi Hijiate Kokyu Nage (1) (2)

\*Shomen Uchi Kotegaeshi (1) (2)

\*Yokomen Uchi Kotegaeshi (1) (2)

\*Shomen Tsuki Kotegaeshi (1) (2)

\*Ryote Mochi Tenchi Nage (1) (2)

Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3)