

		Nage- und Katame-waza 5. Kyū bis 1. Dan	Angriff														
			Katate-tori (gyaku-/ai-hanmi)	Ryōte-tori	Katate-ryōte-tori	Mune-tōri	Yoko-kubi-shime	Ushiro-ryōkata-tori	Ushiro-kakae-tori	Ushiro-ryōte-tori	Ushiro-eri-tori	Ushiro-katate-tori-kubi-shime	Ushiro-kubi-shime	Yokomen-uchi	Shōmen-uchi	Shōmen-tsuki	Yoko-tsuki (soto)
Technik	NAGE-WAZA	Shihō-nage	5	5	5	5				4				4			
		Kaiten-nage uchi	4											4	4	4	
		Irimi-nage	4	4	4					3				3	3	3	
		Kaiten-nage soto	3												3	3	
		Aiki-otoshi					2	2	2								
		Koshi-nage		2		2	2					2	2	2	2	2	2
		Kote-gaeshi	1	1	1						1				1	1	1
		Koshi-nage-hiji-garami									1						
		Koshi-nage-kote-hineri	1								1						
		Jūji-garami									1	1					
		Tenchi-nage		1										1		1	
		Sumi-otoshi	1	1													
		Kokyū-nage		1	1			1	1					1			
		Ude-kime-nage			1									1		1	
		KATAME-WAZA	Ude-osae ikkyō	5	5	5	5		4	4	4	4		4	4	4	
Kote-mawashi nikyō	3		3	3	3		3	3	3	3		3	3	3			
Kote-hineri sankyō	2		2	2	2		2	2	2	2		2	2	2			
Tekubi-osae yonkyō	1		1	1	1		1	1	1	1		1	1	1			
Ude-nobashi gokyō	1											1					
Ude-kime-osae	1											1		1			
Ude-garami	1												1		1		