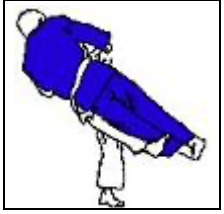
Dai Ikkyo (Group 1)

	Yonen (3 - 12)	
大外刈	**O Soto Gari** (***Major Outer Reap***)	
大内刈	**O Uchi Gari** (***Major Inner Reap***)	
大腰	**O Goshi** (***Major Hip Throw***)	
一本背負投	**Ippon Seoi Nage** (***One Arm Shoulder Throw***)	
支釣込足	**Sasae Tsuri Komi Ashi** (***Foot Stop Throw***)	
	Shonen (13 - 15)	
出足払	**De Ashi Harai** (***Advancing Foot Sweep***)	
浮腰	**Uki Goshi** (***Floating Hip***)	
	Seinen (16+)	
膝車	**Hiza Guruma** (***Knee Wheel***)	

Dai Nikyo (Group 2)

	Yonen (3 - 12)	
小外刈	**Ko Soto Gari** (***Minor Outer Reap***)	
小内刈	**Ko Uchi Gari** (***Minor Inner Reap***)	
腰車	**Koshi Guruma** (***Hip Wheel***)	
体落	**Tai Otoshi** (***Body Drop***)	
送足払	**Okuri Ashi Harai** (***Gathering Foot Sweep***)	
	Shonen (13 - 15)	
釣込腰	**Tsuri Komi Goshi** (***Lifting Pulling Hip***)	
払腰	**Harai Goshi** (***Sweeping Hip***)	
	Seinen (16+)	
内股	**Uchi Mata** (***Inside Thigh Throw***)	

Dai Sankyo (Group 3)

	Yonen (3 - 12)	
小外掛	**Ko Soto Gake** (*Minor Outer Hook*)	
釣腰	**Tsuri Goshi** (*Pulling Hip*)	
横落	**Yoko Otoshi** (*Side Body Drop*)	
足車	**Ashi Guruma** (*Leg Wheel*)	
巴投	**Tomoe Nage** (*Circle Throw*)	
	Shonen (13 - 15)	
払釣込足	**Harai Tsuri Komi Ashi** (*Sweeping Lifting Pulling Sweep*)	
跳ね腰	**Hane Goshi** (*Springing Hip*)	
	Seinen (16+)	
肩車	**Kata Guruma** (*Shoulder Wheel*)	

Dai Yonkyo (Group 4)

	Yonen (3 - 12)	
隅返	**Sumi Gaeshi** (*Corner Throw*)	
谷落	**Tani Otoshi** (*Valley Drop*)	
浮落	**Uki Otoshi** (*Floating Body Drop*)	
掬投	**Sukui Nage** (*Scooping Throw*)	
大車	**O Guruma** (*Major Wheel*)	
	Shonen (13 - 15)	
移腰	**Utsuri Goshi** (*Changing Hip*)	
外巻込	**Soto Makikomi** (*Outside Winding Pulling Throw*)	
	Seinen (16+)	
跳巻込	**Hane Makikomi** (*Springing Winding Pulling Throw*)	

Dai Gokyo (Group 5)

	Yonen (3 - 12)	
大外車	**O Soto Guruma** (***Major Outer Wheel***)	
浮技	**Uki Waza** (***Floating Technique***)	
横分	**Yoko Wakare** (***Side Separation***)	
横車	**Yoko Guruma** (***Side Wheel***)	
裏投	**Ura Nage** (***Rear Throw***)	
	Shonen (13 - 15)	
後腰	**Ushiro Goshi** (***Backward Hip***)	
横掛	**Yoko Gake** (***Side Hook***)	
	Seinen (16+)	
隅落	**Sumi Otoshi** (***Corner Body Drop***)	