

		Heittokavalkadi							
TACHI-WAZA									
KAESHI-WAZA (vastaheitto)					RENRAKU-WAZA (yhdistelmäheitto)				
DE-ASHI-BARAI									
TSUBAME-GAESHI					HIZA-GURUMA HARAI-GOSHI				
HIZA-GURUMA									
KO-UCHI-GARI					DE-ASHI-BARAI				
O-UCHI-GARI					SASAE-TSURIKOMI-ASHI				
TANI-OTOSHI					HIZA-GURUMA				
SUMI-OTOSHI					O-SOTO-GARI HARAI-GOSHI				
SASAE-TSURIKOMI-ASHI									
SASAE-TSURIKOMI-ASHI					O-SOTO-GARI				
KO-UCHI-GARI					HIZA-GURUMA				
O-UCHI-GARI					SASAE-TSURIKOMI-ASHI				
KO-SOTO-GARI					HARAI-GOSHI				
TAI-OTOSHI					UCHI-MATA				
HARAI-GOSHI					O-UCHI-GARI				
UCHI-MATA									
UKI-GOSHI									
UKI-GOSHI					HARAI-GOSHI				
O-GOSHI					O-GOSHI				
TANI-OTOSHI					O-UCHI-MAKIKOMI				
YOKO-GURUMA									
UKI-WAZA									
O-SOTO-GARI									
O-SOTO-GARI					HIZA-GURUMA				
O-SOTO-GURUMA					SASAE-TSURIKOMI-ASHI				
O-SOTO-OTOSHI					NIDAN-KO-SOTO-GARI				
HARAI-GOSHI					O-SOTO.MAKIKOMI				
USHIRO-GOSHI					SOTO-MAKIKOMI				
TE-GURUMA					HARAI-MAKIKOMI				
KATA-GURUMA					HARAI-GOSHI				
					TSURIKOMI-GOSHI				
					O-GOSHI				
					KOSHI-GURUMA				
					O-GURUMA				
					ASHI-GURUMA				
					UCHI-MATA				
					TAI-OTOSHI				
					SEOI-NAGE				

		SUTEMI-HEITTOJA
O-GOSHI		
O-GOSHI		O-TSURI-GOSHI
KOSHI-GURUMA		TSURI-GOSHI
YOKO-GURUMA		O-GOSHI
UKI-WAZA		UTSURI-GOSHI
		URA-NAGE
KOSHI-GURUMA		
O-GOSHI		O-SOTO-GARI
URA-NAGE		KOSOTO-GARI
TANI-OTOSHI		KO-UCHI-GARI
		O-UCHI-GARI
		HARAI-GOSHI
		UCHI-MATA
		TANI-OTOSHI
KO-UCHI-GARI		
DE-ASHI-BARAI		TAI-OTOSHI, SEOI-OTOSHI
HIZA-GURUMA		IPPON-, MOROTE- JA ERI-SEOI-NAGE
KO-SOTO-GARI		KATA-GURUMA
NIDAN-KOSOTO-GARI		O-UCHI-GARI
TANI-OTOSHI		UCHI-MATA
		ASHI-GURUMA
		O-GURUMA
		KOSHI-GURUMA
		HARAI-GOSHI
		HANE-GOSHI
		UKI-GOSHI
		O-GOSHI
		TSURI-GOSHI
		TSURIKOMI-GOSHI
		MAKIKOMI- JA SUTEMIHEITOT
O-UCHI-GARI		
O-UCHI-GAESHI		KO-UCHI-GARI
IPPON-, MOROTE- JA ERI-SEOI-NAGE		IPPON-, MOROTE- JA ERI-SEOI-NAGE
TAI-OTOSHI		KATA-GURUMA
HARAI-GOSHI		UCHI-MATA
UCHI-MATA		ASHI-GURUMA
TOMOE-NAGE		O-GURUMA
UKI-WAZA		KOSHI-GURUMA
		HARAI-GOSHI
		HANE-GOSHI
		UKI-GOSHI
		O-GOSHI
		TSURI-GOSHI
		TSURIKOMI-GOSHI
		MAKIKOMI- JA SUTEMIHEITOT
KO-SOTO-GARI / GAKE		

TSUBAME-GAESHI	TANI-OTOSHI
UCHI-MATA	UCHI-MATA
O-UCHI-GARI	HANE-GOSHI
TAI-OTOSHI	HARAI-GOSHI
HARAI-GOSHI	TAI-OTOSHI
ASHI-GURUMA	IPPON-, MOROTE- JA ERI-SEOI-NAGE
IPPON-, MOROTE- JA ERI-SEOI-NAGE	
SUKUI-NAGE	KO-UCHI-GARI
YOKO-GURUMA	O-UCHI-GARI
UKI-WAZA	O-SOTO-GARI
URA-NAGE	SEOI-OTOSHI
TAI-OTOSHI	
DE-ASHI-BARAI	O-UCHI-GARI
KO-SOTO-GARI / GAKE	KO-UCHI-GARI
KO-UCHI-GARI	UCHI-MATA
TOMOE-NAGE	
HIDARI-UCHI-MATA	
KATA-GURUMA	
YOKO-GURUMA	
TAWARA-GAESHI	
SUMI-GAESHI	
TSURI-KOMI-GOSHI	
SODE-TSURIKOMI-GOSHI	SODE-TSURIKOMI-GOSHI
HIDARI-HARAI-GOSHI	O-SOTO-GARI
URA-NAGE	KOSOTO-GARI / GAKE
USHIRO-GOSHI	KO-UCHI-GARI
YOKO-GURUMA	O-UCHI-GARI
UKI-WAZA	UCHI-MATA
	TANI-OTOSHI
HARAI-GOSHI	
HARAI-GOSHI-GAESHI	TSURIKOMI-GOSHI
SUKUI-NAGE	HANE-GOSHI
TE-GURUMA	UCHI-MATA
USHIRO-GOSHI	O-SOTO-GARI
UTSURI-GOSHI	KOSOTO-GARI / GAKE
URA-NAGE	TAI-OTOSHI
TANI-OTOSHI	TANI-OTOSHI
ASHI-BARAI, HARAI-TSURIKOMI-ASHI	SOTO-MAKIKOMI
HIDARI-UKI-GOSHI	HARAI-MAKIKOMI
HIDARI-O-GOSHI	UCHI-MATA-MAKIKOMI
HIDARI-TAI-OTOSHI	
HIDARI-HARAI-GOSHI	
HIDARI-UCHI-MATA	
HIDARI-ASHI-GURUMA	
UCHI-MATA	
USHI-MATA-SUKASHI	KO-UCHI-GARI
HIDARI-HARAI-GOSHI	O-UCHI-GARI

URA-NAGE	KO-SOTO-GARI
TANI-OTOSHI	O-SOTO-GARI
TE-GURUMA	KO-SOTO-GAKE
SODE-TSURIKOMI-GOSHI	TAI-OTOSHI
	HARAI-GOSHI
	MAKIKOMI HEITTOJA
HARAI-TSURIKOMI-ASHI	
KO-SOTO-GAKE /GARI	
NIDAN-KOSOTO-GARI	
KO-UCHI-GAKE	
O-USHI-GARI	
KOUSHIKI-DAOBHI ?	
ASHI-GURUMA	
	KANI-BASAMI
	O-GURUMA
	O-SOTO-GARI
	TAI-OTOSHI
TOMOE-NAGE	
KO-SOTO-GARI / GAKE	
DE-ASHI-BARAI	
SUMI-GAESHI	
HIDARI-TANI-OTOSHI	
KO-SOTO-GARI / GAKE	
MOROTE-GARI	
SUMI-GAESHI	
TAWARA-GAESHI	
HIKKOMI-GAESHI	
UCHI-MATA	
SUKUI-NAGE	
O-GURUMA	
UCHI-MATA	
HARA-GATME	
UKI-WAZA	
O-UCHI-GARI	
KO-UCHI-GARI	
KO-SOTO-GARI	