



KIHON NO TSUKURI

A.- Atemi Waza no Tsukuri

Hontai no Tsukuri

- Shoumen Ate
- Aigame Ate
- Gyakugamae Ate
- Gedan Ate
- Ushiro Ate

Shouki no Tsukuri

- Shoumen Ate
- Aigame Ate
- Gyakugamae Ate
- Gedan Ate
- Ushiro Ate

B.- Kansetsu Waza no Tsukuri

Tegatana no Kuzushi

Jodan		Gedan	
Aigamae	Gyakugamae	Aigamae	Gyakugamae
Oshi Taoshi	Hiki Taoshi	Tenkai Kote Gaeshi	Kote Gaeshi

Nigiri Gaeshi no Tsukuri

Jodan				Gedan			
Aigamae		Gyakugamae		Aigamae		Gyakugamae	
Junte	Gyakute	Junte	Gyakute	Junte	Gyakute	Junte	Gyakute
Oshi Taoshi	Oshi Taoshi	Hiki Taoshi	Hiki Taoshi	Tenkai Kote Gaeshi	Kote Gaeshi	Tenkai Kote Gaeshi	Kote Gaeshi

Hiji Mochi no Tsukuri

Jodan		Gedan	
Junte	Gyakute	Junte	Gyakute
Oshi Taoshi	Wake Gatamae	Tenkai Kote Gaeshi	Kote Gaeshi